

Eat well and drink sensibly

Knowing what foods we should and shouldn't eat can be confusing, especially when it feels like the advice changes regularly.



However, evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

Improving your diet can help to...

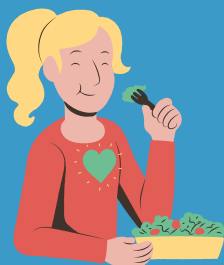
Improve
your mood

Give you
more energy

Help you think
more clearly

simple things you can try to help you manage your mood with food:

Eat regularly



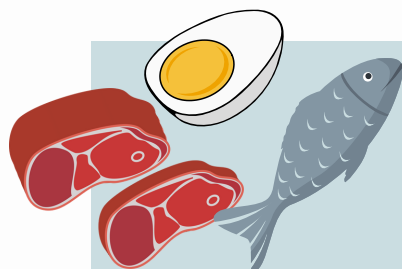
Stay hydrated



Eat your '5 a day'



Eat enough protein



Manage your caffeine intake



Click **here** to watch a short video for more advice: