

Good mood food

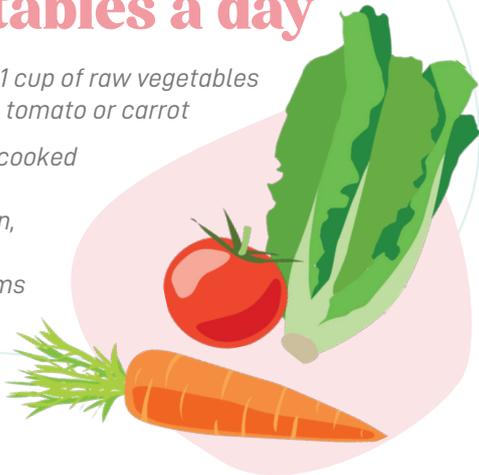
Your gut and brain communicate with each other through the 'gut-brain axis'. What you eat affects this communication pathway and your mental wellbeing.

Follow these ten top tips for a healthier gut and mind.

✓ Aim for at least five serves of vegetables a day

One serve = 1 cup of raw vegetables
e.g., lettuce, tomato or carrot

OR = ½ cup cooked
vegetables
e.g., pumpkin,
zucchini
or mushrooms



✓ Aim for two serves of fruit a day

One serve = 1 piece of fruit e.g., banana, apple, orange

OR 2 smaller fruits e.g., apricots, plums or kiwifruits

OR 1 cup fruit salad, grapes or berries

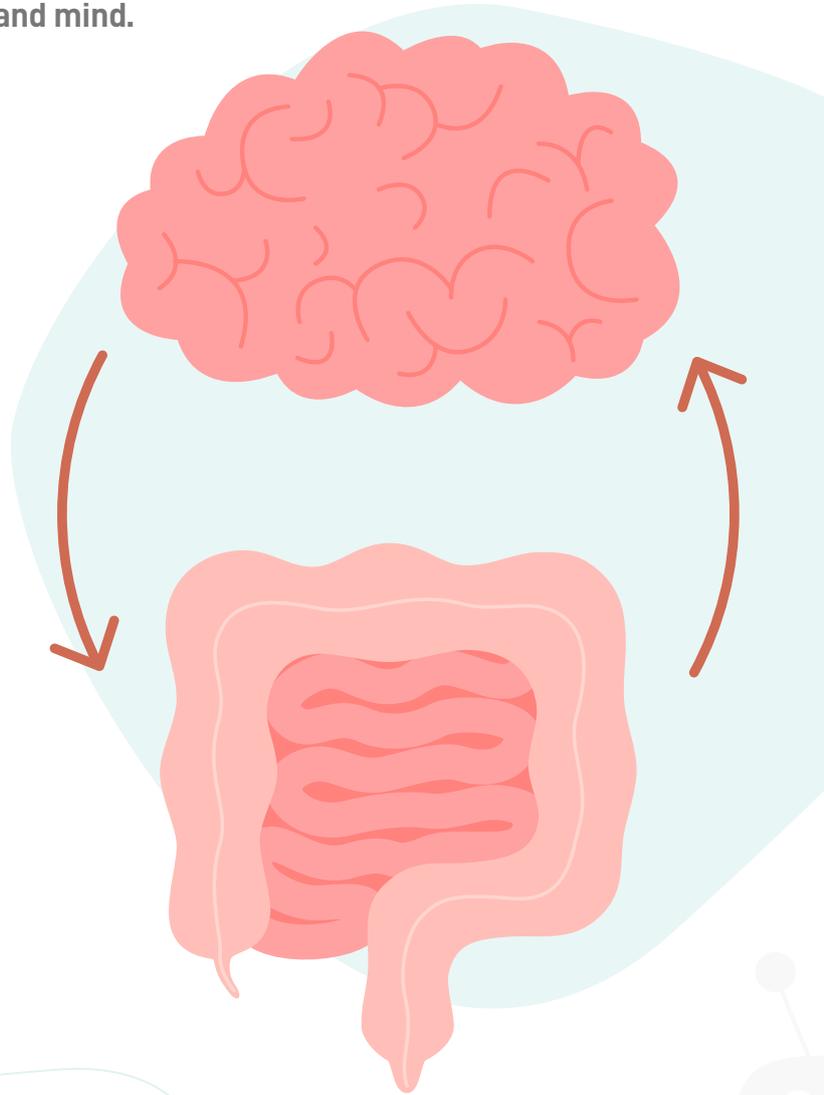


✓ Switch to whole grains

Opt for whole grain bread instead of white bread, brown rice instead of white rice and whole grain or higher fibre breakfast cereals instead of low fibre cereals

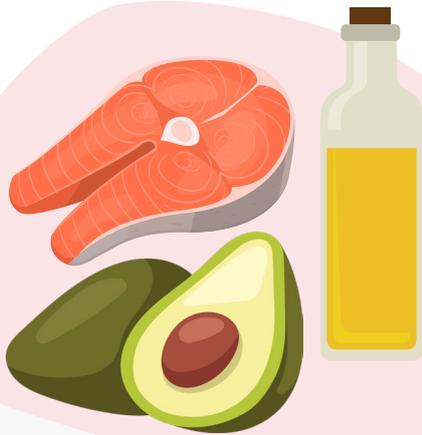
✓ Make water your drink of choice

Aim for at least 8 to 10 glasses each day



✓ Focus on healthy fats

Cook with extra virgin olive oil, use avocado instead of butter and enjoy two to three serves of oily fish (like salmon or mackerel) each week



✓ Enjoy a serve of nuts each day

One serve = one small handful (30g)



✓ Include probiotic foods daily

Check the label on pack - it should state the name of the probiotic strain, the quantity of probiotics and the associated health benefit



✓ Flavour with herbs and spices

Fresh or dried

✓ Cut back on 'treats'

Treats like chocolate, lollies, biscuits, pastries, deep fried foods, soft drink and alcohol should only be consumed occasionally and in moderation



✓ Eat more legumes

Add beans, chickpeas, peas and lentils to your shopping list