



# The balanced diet food plan.

We know how important it is to eat a balanced diet that helps you take care of your wellbeing but we also know it can be hard to put this into practice. Here is a food plan (right) to help generate ideas to make your diet more balanced.

## General guidelines



**Portion control:** Be mindful of portion sizes to avoid overeating and discomfort.

**Whole foods:** Opt for whole, unprocessed foods whenever possible.

**Limit processed foods:** Reduce your intake of processed and high-sugar items.

**Balanced meals:** Strive for balanced meals that include a variety of nutrients.

**Moderation:** Enjoy all foods in moderation, including occasional treats.

Remember that no single food will magically improve your mental health, but a balanced and nutritious diet can be foundational to positive changes. Combine these dietary choices with regular physical activity, adequate sleep, mindfulness and relaxation exercises for a comprehensive approach to managing your wellbeing.

If you have specific dietary requirements or health conditions, consult with a healthcare professional for personalised guidance.

## Breakfast

### Porridge

Oats are high in complex carbohydrates and can help stabilise blood sugar levels, reducing unhelpful changes in mood and stress.

### Berries

Add a handful of berries for their antioxidants and vitamin C, which can help combat stress.

## Afternoon snack

### Avocado

Avocado is rich in unsaturated fats and potassium, which can help regulate blood pressure and reduce stress.

### Carrot sticks or celery

Crunchy vegetables can be satisfying and help relieve tension.

## Morning snack

### Greek yoghurt

Thanks to it being rich in probiotics and protein, Greek yoghurt supports gut health, which is closely linked to mental wellbeing.

### Nuts and seeds

Almonds, walnuts, chia seeds, or flaxseed are excellent sources of unsaturated fats and protein.

## Dinner

### Lean protein

Choose lean sources of protein like chicken, turkey, or tofu to provide amino acids needed for mood regulation.

### Sweet potatoes

High in complex carbohydrates and fibre, sweet potatoes can stabilise blood sugar levels which can prevent fluctuations in mood.

### Broccoli or asparagus

These vegetables are packed with vitamins and minerals that support overall health.

## Lunch

### Salmon

Fatty fish like salmon provide omega-3 fatty acids, which are known to reduce stress and anxiety.

### Leafy greens

Include a salad with spinach or kale for a boost of magnesium, a mineral that may help alleviate stress.

### Quinoa or brown rice

Whole grains like quinoa or brown rice provide complex carbohydrates, promoting steady energy levels.

## Throughout the day

### Hydration

Stay hydrated by drinking plenty of water, as even mild dehydration can increase stress. You may wish to try chamomile tea before bedtime. It has calming properties and can aid in relaxation.

### Fruits

Incorporate a variety of fruits like oranges, bananas, and apples for their vitamins and natural sugars.