

DIET

Healthy eating is an essential part of maintaining positive wellbeing.

Improving your diet may help:

- Improve your mood
- Help you think more clearly
- Give you more energy

Diet Tips

Eat regularly – if you don't your blood sugar levels may reduce which can make you feel irritable and low in mood. Choosing slow energy releasing foods (pasta, rice, oats, nut, seeds) can help to keep your blood sugar levels steady.

Stay hydrated – if you don't drink enough fluids you might find it difficult to concentrate or think clearly. Aim for 6-8 glasses of water a day.

Cut down on caffeine – it's a stimulant that gives a quick burst of energy but can lead to irritability or cause anxiety. Manage your caffeine intake and be aware of products that contain it – tea, coffee, chocolate and manufactured energy drinks.

Eat a balanced diet – it feeds the brain and provides nutrients it needs to support a more balanced and positive mood. Aim for a wide range of food including fruit and veg, dairy or dairy alternatives and proteins and grains.

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.



understanding barriers to learner inclusion in further education

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