

What foods to eat to improve mental health

Some studies and research suggest that you may be able to support your own mental health and wellbeing by taking care of your gut bacteria and your diet – *makes sense right?*

After all, as we have mentioned one of the most influential factors on the quality of your gut bacteria is diet, and diet is also known to play a role in mental health.

Eating a variety of food everyday gives your body and mind all the nutrients it needs to be healthy:

Protein: contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings. It also helps you feel fuller for longer. Protein is found in lean meat, fish, eggs, cheese, legumes (e.g., peas, beans and lentils), soya products, nuts and seeds.

Wholegrains: provide our body with slow-release energy and lots of fibre to keep our good gut bacteria happy. Wholegrains are in pasta, rice, oats, wholegrain bread and cereals.

Fruit and vegetables: contain a lot of the vitamins, minerals and fibre we need to be fit and strong, both physically and mentally. Vitamins and minerals are the workers that do all the jobs in our body that we need to live. Eating a variety of fruits and vegetables each day means we are getting a good range of nutrients.

Healthy fats: Our brain needs healthy fats such as omega-3 and other polyunsaturated fats to keep it working well. Healthy fats are found in salmon and other oily fish, extra virgin olive oil, nuts, seeds and avocado.

