



Serotonin is a chemical in the body that helps regulate mood

WELL-BEING FOODS

Did you know 95% of your serotonin is stored in the gut? This means that what you eat and the microbes that you consume play a huge part in how you feel.

It's important to recognise this to take daily actions in helping yourself to feel more like you again.

Here's a few ideas to get you started:

- Fruit & Veg – any & plenty
- Whole grain food – think brown/seeded is always a better choice
- Beans – e.g. Lentils, chick peas or kidney beans
- Good Fats – Oily fish like salmon & trout
- Yoghurt – A treat for the gut to help the digestive system

HOW WILL FOOD HELP ME FEEL BETTER?

THE BASICS

Although it seems very simple, you'll be surprised by the incredible difference these food choices will make to your well-being after just a few days.

FOOD = FUEL

Your food choices are essential in making you feel healthier and happier.

FOODS TO AVOID

There are a few things to avoid, or keep to a minimum.
Any kind of processed meat, refined sugars and high saturated fat foods. These can include fried foods, sweets and sugary drinks.
All of these have a negative impact on your blood-sugar levels and can result in unwanted 'crashes'.