

EAT BREAKFAST

Those who eat a healthy breakfast tend to have more energy than those who skip it. Making sure you eat in the morning can help with concentration and performance in the classroom. It can also lead to healthy decisions throughout the day. If time seems to be an issue in the morning, make sure you stock up on some “grab and go” items like granola bars or fruit!

LET'S TALK ABOUT OMEGA-3S

Higher intakes of Omega-3s, a fatty acid, have been linked to improved mood and memory. Omega-3s are most commonly known to be found in fatty fish like salmon and mackerel. Other great sources include beans, nuts, seeds, spinach and broccoli. Think about adding a handful of nuts to your yogurt or oatmeal! Also consider adding some broccoli in with your pasta or chicken.



CARBS ARE NOT THE ENEMY

Many people believe that carbohydrates are bad, but the truth is, our bodies need carbs! Eating carbohydrates helps our bodies to produce serotonin which is a chemical in the brain that helps put us in a relaxed and happy mood. So don't pass on the carbs. Keep it healthy with complex carbs like fiber and whole grains.



DRINK ENOUGH WATER

Some studies have linked dehydration to crankiness. Not drinking enough water can also make us feel tired and sluggish. Invest in a water bottle if you don't already have one, and bring it with you throughout the day.

SMH
Screening for
Mental Health®

FOOD & MOOD

IT'S NOT JUST "WHAT" BUT ALSO "WHEN"

THREE THINGS TO REMEMBER:



1) E at breakfast!

Yes, breakfast really is the most important meal of the day.



2) E at a small meal or snack every three or four hours to keep your blood sugar levels steady.



3) Avoid the afternoon crash! Pass on the sugar and grab some protein or fruit.

If you are worried about your mood or eating habits, or those of a friend, take an anonymous online screening at

HELPOURSELFHELPOOTHERS.ORG

And R emember...

EAT ENOUGH **PROTEIN**.

DON'T SKIMP ON **CARBS**.

LIMIT **SIMPLE SUGARS**.

NOT ALL **FATS** ARE BAD.

AND KEEP YOUR **ALCOHOL INTAKE** TO A MINIMUM.

and
DON'T FORGET THE WATER!

