
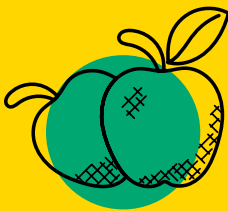


GOOD MOOD FOOD SWAPS


MENU

- Snacks
- Alcoholic Beverage
- Caffeinated Beverage
- Breakfast
- Lunch
- Dinner


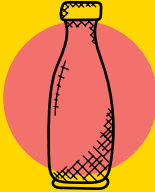

SNACKS

Swap this →	For this	Food source	How these foods effect your mood
Chocolate bar <i>Galaxy, 229kcal (42g)</i> <i>Cadbury Dairy Milk, 240kcal (45g)</i>	6 Brazil nuts (30g) <i>200kcal, 0.7g sugar</i> 	Brazil nuts; offal; fish (particularly tuna, cod, salmon, prawns); egg; chicken; beef; wholemeal bread; seeds	Replace a sugary snack with 30g Brazil nuts which provides an adult with their daily requirements for selenium. Selenium deficiency may increase the incidence of feeling depressed and other negative mood states.
	Piece of fruit <i>e.g. 1 orange or 1 banana or 1 apple or 2 satsumas</i> <i>60kcal or less</i> 	Wholegrains, e.g. wholegrain cereals, wholegrain bread, wholegrain pasta, oats, vegetables, fruits, peas, beans, pulses, nuts, seeds, potatoes with skin	Sugar increases blood glucose levels but then when they drop down, you may crave another sugar hit to raise the blood glucose levels again. Fruit contains fibre which slows absorption of sugar, therefore stabilising blood glucose levels. Fibre increases serotonin, which is a messenger chemical in the brain, which improves mood and how we feel.



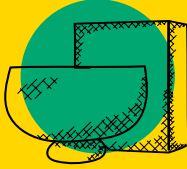
ALCOHOLIC BEVERAGE

Swap this →	For this	Food source	How these foods effect your mood
Glass of wine (175ml) <i>131kcal</i> Pint of beer <i>187kcal</i> Alcopop (330ml) <i>172kcal</i>	Low alcohol wine (125ml) <i>36kcal</i>  0.5% beer (500ml) <i>115kcal</i>	Alcoholic beverages	Alcohol is a depressant. Reduce alcohol to stay within the UK recommended guidelines. You can get tips, tools and advice on reducing alcohol, click on One You Drink Less Get medical advice before you stop drinking if you have physical withdrawal symptoms (like shaking, sweating or feeling anxious until you have your first drink of the day). It can be dangerous to stop drinking too quickly without proper support.


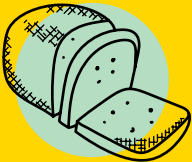
GOOD MOOD
FOOD SWAPS
CAFFEINATED BEVERAGE

Swap this →	For this	Food source	How these foods effect your mood
Can of coke (330ml) 139kcal, 32mg caffeine Can of energy drink (500ml) Monster Energy, 237kcal, 160mg caffeine Red Bull (250ml) 115kcal, 80mg caffeine Caffeinated tea or coffee (250ml) Black tea, 2kcal, 63mg caffeine Black instant coffee, 4kcal, 79mg caffeine	Water Water, 0kcal, 0 sugar  No added sugar squash 3kcal, 0 sugar  Decaf tea or coffee Black tea, 2kcal, 4mg caffeine Black instant coffee, 4kcal, 2mg caffeine 	Beverages	Caffeine acts as a stimulant which can improve feelings of alertness and reduce feeling fatigued, but after a quick burst of energy, it can make you feel anxious and depressed, particularly in people who are not used to it.


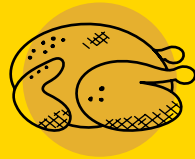
GOOD MOOD
FOOD SWAPS
BREAKFAST

Swap this 	For this	Food source	How these foods effect your mood
30g sugar-frosted corn flakes 105kcal, 11.5g sugar	30g wholegrain cereal 100kcal, 6g sugar 	Whole grains, e.g. wholegrain cereals, wholegrain bread, brown rice, wholegrain pasta, fortified breakfast cereals	<p>Sugar increases blood glucose levels but then when they drop down, you may crave another sugar hit to raise the blood glucose levels again.</p> <p>Wholegrain cereals contain thiamine (vitamin B1) which is a co-enzyme helping release energy from carbohydrates. Absorption is inhibited by coffee, black tea and alcohol.</p> <p>Deficiency of thiamine can result in tiredness, feeling depressed, irritability. Wholegrains are also a good source of fibre which slows absorption of sugar, therefore stabilising blood glucose levels.</p> <p>Thiamin (Vitamin B1) increases serotonin which is a messenger chemical in the brain, which improves mood and how we fee.</p>
	40g bowl of porridge oats made with water 152kcal, 0.1g sugar 	Wholegrains, e.g. wholegrain cereals, wholegrain bread, wholegrain pasta, oats, vegetables, fruits, peas, beans, pulses, nuts, seeds, potatoes with skin	<p>Sugar increases blood glucose levels but then when they drop down, you may crave another sugar hit to raise the blood glucose levels again.</p> <p>The porridge oats are a good source of fibre which slows absorption of sugar, therefore stabilising blood glucose levels. Increases serotonin, which is a messenger chemical in the brain, which improves mood and how we feel.</p>

GOOD MOOD
FOOD SWAPS
BREAKFAST

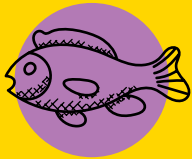

Swap this →	For this	Food source	How these foods effect your mood
Slice of white bread with a teaspoon of marmalade <i>Bread, 96kcal & 1.0g sugar</i> <i>Marmalade, 16kcal & 4g sugar = 112kcal & 5.0g sugar total</i>	Boiled egg with a medium slice of wholegrain bread <i>Egg, 66kcal + bread 93kcal & 1.2g sugar = 159kcal, 1.2g sugar total</i> 	Meats (liver, chicken, pork, beef, lamb); fish (particularly anchovies, tuna, salmon, mackerel); wheat and maize flour; eggs; dairy products	<p>Conserves such as marmalade contains sugar. Sugar increases blood glucose levels but then when they drop down, you may crave another sugar hit to raise the blood glucose levels again.</p> <p>Eggs contain niacin (Vitamin B3) which is required for the release of energy from food. It can be synthesised from tryptophan. Deficiency can result in tiredness, feeling depressed, irritability.</p> <p>Wholegrain bread contains fibre which slows absorption of sugar, therefore stabilising blood glucose levels. Fibre increases serotonin, which is a messenger chemical in the brain, which improves mood and how we feel.</p>
	Slice of wholegrain bread and an 8g portion of Marmite <i>Bread, 193kcal & 1.2 sugar + Marmite, 21kcal & <0.5g sugar = 114kcal & 1.2g sugar total</i> 	Liver; green vegetables; oranges; citrus fruits; beans; fortified foods e.g. yeast extra; fortified breakfast cereals	<p>Conserves such as marmalade contains sugar. Sugar increases blood glucose levels but then when they drop down, you may crave another sugar hit to raise the blood glucose levels again.</p> <p>Yeast extracts, e.g. Marmite contain folate (Vitamin B9) which helps the body form red blood cells, is required for normal cell division, the normal structure of the nervous system, and maintenance of normal blood homocysteine levels (with B6 and B12).</p> <p>Deficiency of folate is often accompanied by insomnia, depression, forgetfulness and irritability.</p>

GOOD MOOD
FOOD SWAPS
LUNCH

Swap this →	For this	Food source	How these foods effect your mood
Battered fish and chips from chip shop <i>Approx 840kcal</i>	Medium baked jacket potato with skin with 56g tuna in spring water <i>Potato, 245kcal & tuna, 61kcal = 306kcal total</i> 	Meats (liver, chicken, pork, beef, lamb); fish (particularly anchovies, tuna, salmon, mackerel); wheat and maize flour; eggs; dairy products	<p>Jacket potatoes are a good source of fibre which slows absorption of sugar, stabilising blood glucose levels. Increases serotonin, a messenger chemical in the brain, which improves mood and how we feel.</p> <p>Tuna contains niacin (Vitamin B3) which is required for the release of energy from food. It can be synthesised from tryptophan.</p> <p>Deficiency can result in tiredness, feeling depressed, irritability.</p>
1/2 thin & crispy pepperoni pizza and 100g oven chips <i>Pizza, 401kcal + chips, 162kcal = 563kcal</i>	Grilled 130g chicken breast without skin with 30g baby leaf salad <i>Chicken, 192kcal + salad, 6kcal = 198kcal</i> 	Lean meats, e.g. chicken, turkey; fish; eggs; cheese; legumes; soya products; nuts; seeds; tofu	<p>Lean meats like chicken and turkey are great sources of protein (tryptophan amino acid). Serotonin is a messenger chemical in the brain which improves mood and how we feel. Eating foods that contains the essential amino acid tryptophan can help the body produce more serotonin.</p> <p>Spinach in the baby leaf salad is a source of folate and fibre. Folate helps the body form red blood cells, is required for normal cell division, the normal structure of the nervous system, and maintenance of normal blood homocysteine levels (with B6 and B12).</p> <p>Deficiency often accompanied by insomnia, depression, forgetfulness and irritability. Fibre slows absorption of sugar, therefore stabilising blood glucose levels.</p> <p>Fibre increases serotonin, which is a messenger chemical in the brain, which improves mood and how we feel.</p>

GOOD MOOD
FOOD SWAPS

DINNER

Swap this →	For this	Food source	How these foods effect your mood
<p>Takeaway sweet and sour chicken (1/2 plastic carton) and small carton of egg fried rice</p> <p><i>Sweet & sour chicken, 508kcal + rice 679kcal = 1187kcal</i></p>	<p>Salmon fillet (pan-fried), 100g boiled brown rice, 80g serving of boiled frozen mixed vegetables</p> <p><i>Salmon, 214kcal + rice 111kcal + veg, 34kcal = 359kcal total</i></p> 	<p>Meats (liver, chicken, pork, beef, lamb); fish (particularly anchovies, tuna, salmon, mackerel); wheat and maize flour; eggs; dairy products</p>	<p>Salmon contains niacin (Vitamin B3) which is required for the release of energy from food. It can be synthesised from tryptophan.</p> <p>Deficiency can result in tiredness, feeling depressed, irritability. Brown rice is a source of thiamine which is a co-enzyme helping release energy from carbohydrates. Absorption is inhibited by coffee, black tea and alcohol. Deficiency of thiamine can result in tiredness, feeling depressed, irritability.</p> <p>Vegetables contain fibre which slows absorption of sugar, therefore stabilising blood glucose levels. Increases serotonin, which is a messenger chemical in the brain, which improves mood and how we feel.</p>
	<p>100g fried chicken liver, 60g French beans boiled and 100g boiled new potatoes with skin-on</p> <p><i>Liver, 169kcal + beans, 15kcal + potatoes, 74kcal = 258kcal total</i></p> 	<p>Lean meats, e.g. chicken, turkey; fish; eggs; cheese; legumes; soya products; nuts; seeds; tofu</p>	<p>Liver and French beans contain folate (Vitamin B9) which helps the body form red blood cells, is required for normal cell division, the normal structure of the nervous system, and maintenance of normal blood homocysteine levels (with B6 and B12).</p> <p>Deficiency often accompanied by insomnia, depression, forgetfulness and irritability. New potatoes with the skin-on are a source of fibre which slows absorption of sugar, therefore stabilising blood glucose levels.</p> <p>Fibre increases serotonin which is a messenger chemical in the brain, which improves mood and how we feel.</p>

HELPFUL TOOLS



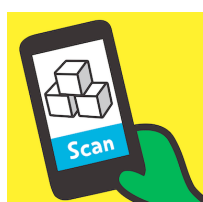
Easy Meal App

Easy Meals is a free app where you will find delicious, easy meal ideas if you're ever short of inspiration. Search recipes by meal time and create shopping lists.



Drink Free Days App

Drink Free Days is a simple and easy way to track the days you drink alcohol and the days you don't.



Food Scanner App

Download the Change4Life Food Scanner app to bring labels to life and find out what's really in the food and drink you're buying.