
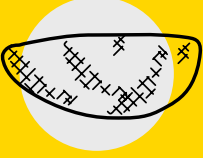
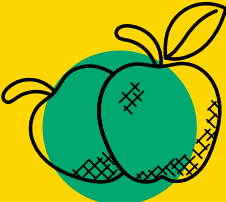


# STRESS LESS AND LESS SUGAR FOOD SWAPS

## MENU



- Snacks
- Breakfast
- Lunch
- Desserts
- Condiments
- Alcoholic Beverage
- Drinks

## SNACKS

Swap this →	For this	Food source	How these foods effect your mood
<p><b>Two finger chocolate biscuit bar</b> 104kcal 10.6g sugar</p>	<p><b>Pumpkin seeds (25g)</b> 136kcal 0.3g sugar</p> 	<p>Nuts (particularly Brazil nuts), seeds, beans, lentils, wholegrains, green leafy vegetables e.g. spinach</p>	<p>Magnesium can help relax muscles and reduce anxiety and plays a role in hormone and energy production.</p> <p>Eating healthy snacks such as fruit, nuts and seeds also keeps blood glucose levels stable and it is important to eat little and often on stressful days to minimise the highs and lows of energy levels.</p> <p>Stress can make some people skip meals and they are more likely to reach for processed or sugary foods when hunger hits.</p>
<p><b>Oat flapjack bar (34g)</b> 143kcal 11.0g sugar</p>	<p><b>6 Brazil nuts (30g)</b> 200kcal 0.7g sugar</p> 		
<p><b>Oat &amp; honey granola bar (30g)</b> 147kcal 5.6g sugar</p>	<p><b>Piece of fruit</b> e.g. 1 orange or 1 banana or 1 apple or 2 satsumas 60kcal or less</p> 	<p>Fruit and vegetables</p>	<p>Eat at least five portions of fruit and vegetables daily to get a variety of vitamins and minerals which are crucial when your body is under stress.</p> <p>Chronic stress can weaken the immune system leaving you more susceptible to infection and disease.</p> <p>The adrenal glands are responsible for the production of stress hormones and stores the highest concentration of vitamin C in the body.</p> <p>Eat plenty of vitamin C rich foods including oranges, tomatoes, peppers, leafy greens, broccoli.</p>



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**BREAKFAST**

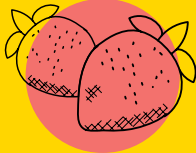
Swap this →	For this	Food source	How these foods effect your mood
<p><b>50g bowl of honey &amp; almond granola</b> 214kcal 11.2g sugar</p>	<p><b>40g bowl of porridge oats made with water</b> 152kcal 0.1g sugar</p> 	<p>Wholegrains, e.g. wholegrain cereals, wholegrain bread, wholegrain pasta, oats, vegetables, fruits, peas, beans, pulses, nuts, seeds, potatoes with skin</p>	<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>
<p><b>30g bowl of sugar frosted cornflakes</b> 105kcal 11.5g sugar</p>	<p><b>30g bowl of wholegrain cereal, e.g. Bran Flakes or Shreddies or 2 Weetabix</b> Bran Flakes, 100kcal, 6g sugar Shreddies, 109kcal, 4g sugar Weetabix, 136kcal, 1.7g sugar</p> 	<p>Wholegrains, e.g. wholegrain cereals, wholegrain bread, wholegrain pasta, oats, vegetables, fruits, peas, beans, pulses, nuts, seeds, potatoes with skin</p>	<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 thiamin (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 thiamin can result in tiredness, feeling depressed or irritability.</p> <p>Wholegrains are also 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> <p>Increases serotonin which is a messenger chemical in the brain, which improves mood and how we feel.</p>

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**LUNCH**


Swap this →	For this	Food source	How these foods effect your mood
<p><b>200g tinned spaghetti on two slices of white toast</b> Spaghetti, 124kcal, 7.3g sugar Toast, 192kcal, 2.0g sugar</p>	<p><b>1/2 tin (60g) of sardines in tomato sauce or 1/2 can (106g) salmon on two slices of wholegrain toast</b> Sardines, 5kcal, 0.5g sugar Salmon, 169kcal 0g sugar Toast, 186kcal, 2.4g sugar</p> 	<p>Omega 3 and 6 in oily fish, nuts, seeds; Thiamin in wholegrains</p>	<p>Essential fatty acids (omegas 3 and 6) help moderate the effects of psychological and physical stress. These fatty acids lower the release of glucocorticoids (hormones released by the adrenal glands) under stressful situations.</p> <p>The wholegrain bread contains thiamin (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 thiamin can result in tiredness, feeling depressed or irritability.</p> <p>Wholegrains are also a good source of fibre which slows absorption of sugar, therefore stabilising blood glucose levels.</p> <p>Increases serotonin, which is a messenger chemical in the brain, which improves mood and how we feel.</p>
<p><b>Caffeinated instant coffee without milk (250ml)</b> 4kcal, 0g sugar, 79mg caffeine</p>	<p><b>Chamomile tea</b> 4kcal</p> 		

**DESSERTS**

Swap this →	For this	Food source	How these foods effect your mood
<p><b>125g pot of jelly</b> 70kcal, 16g sugar</p>	<p><b>115g pot of sugar-free jelly</b> 5kcal, &lt;0.1g sugar</p>	<p>Added sugar</p>	<p>Sugar and foods and drinks containing added sugar provide a short burst of energy and temporary relief from stressful feelings, but this is quickly followed by a 'low' energy period when your blood sugar levels drop, leading to irritability and increased food cravings.</p>
<p><b>60g pot of chocolate mousse</b> 105kcal, 13g sugar</p>	<p><b>80g handful of strawberries</b> 30kcal, 4g natural sugar</p> 		

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**FOOD SWAPS****CONDIMENTS**





Swap this →	For this	Food source	How these foods effect your mood
<b>15g tomato ketchup</b> 15kcal, 3.4g sugar	<b>15g no added sugar tomato ketchup</b> 6.8kcal, 0.7g sugar 	Sugar	Sugar and sugar containing foods and drinks will provide a short burst of energy and temporary relief from stressful feelings, but this is quickly followed by a 'low' energy period when your blood sugar levels drop, leading to irritability and increased food cravings.

**ALCOHOLIC BEVERAGE**

Swap this →	For this	Food source	How these foods effect your mood
<b>Glass of wine (125ml)</b> 105kcal	<b>Low alcohol wine (125ml)</b> 36kcal 	Alcoholic beverages	<p>Long term alcohol use increases the amount of stress in people's lives.</p> <p>Heavy drinking can lead to complications such as addiction and will take a toll on overall health and wellbeing.</p> <p>Search the Drink Free Days app.</p> <p>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).</p> <p>It can be dangerous to stop drinking too quickly without proper support.</p>
<b>Beer (500ml)</b> 220kcal	<b>0.5% beer (500ml)</b> 115kcal 		

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**DRINKS**

Swap this →	For this	Food source	How these foods effect your mood
<p><b>Can of coke (330ml)</b> 139kcal, 35g sugar, 32mg caffeine</p> <p><b>Monster Energy (440ml)</b> 208kcal, 48g sugar, 149mg caffeine</p> <p><b>Caffeinated tea without milk (250ml)</b> 2kcal, 0g sugar, 63mg caffeine</p> <p><b>Caffeinated instant coffee without milk (250ml)</b> 4kcal, 0g sugar, 79mg caffeine</p>	<p><b>Diet coke caffeine free (330ml)</b> 1kcal, 0g sugar, 0mg caffeine</p>  <p><b>Water</b> 0kcal, 0g sugar, 0mg caffeine</p>  <p><b>Decaffeinated tea without milk (250ml)</b> 2kcal, 0g sugar, 4mg caffeine</p>  <p><b>Decaffeinated instant coffee without milk (250ml)</b> 4kcal, 0g sugar, 2mg caffeine</p> 	<p>Beverages</p>	<p>Caffeine acts as a stimulant, causing the adrenal glands to release more hormones - such as cortisol - which are already high in our bodies when we are stressed.</p>

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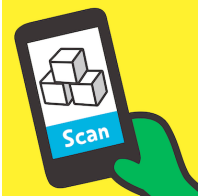
# FOOD SWAPS

## 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.



### 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.



### 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.