


GET MORE SLEEP

FOOD SWAPS


MENU

- Caffeinated Beverages
- Alcoholic Beverage
- Snacks
- Spicy Food

CAFFEINATED BEVERAGES

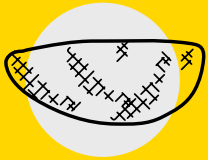

Swap this →	For this	Food source	How these foods effect your mood
<p>Caffeinated coffee <i>Black coffee</i> 4kcal</p> <p>Caffeinated tea <i>Black tea</i> 2kcal</p> <p>Energy drinks <i>Monster Energy,</i> 237kcal (500ml) <i>Red Bull,</i> 115kcal (250ml)</p>	<p>Decaffeinated tea or coffee <i>Decaf tea or coffee,</i> 4kcal</p>  <p>Water or diluted no added sugar squash <i>Water, 0kcal, no added sugar squash, 4kcal</i></p> 	Beverages	<p>High levels of caffeine contribute to insomnia and nervousness, which are intrinsically linked to stress.</p> <p>It is important to keep hydrated. Dehydration can result in fatigue and tiredness, headaches and poor concentration.</p> <p>Aim to drink about 8 glasses of fluid decaffeinated fluid daily.</p>

ALCOHOLIC BEVERAGE

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<p>Glass of wine (125ml) 105kcal</p>	<p>Low alcohol wine (125ml) 36kcal</p> 	Alcoholic beverages	<p>Alcohol in moderation has a relaxing effect on the body.</p> <p>However heavy drinking interferes with neurotransmitters in our brains (needed for positive mental health) which can contribute to feelings of depression and anxiety.</p> <p>Sleep problems are a common side effect of drinking alcohol because it also makes the body release larger amounts of adrenaline and can result in feelings of nervousness, anxiety and reduce the quality of sleep.</p>
<p>Beer (500ml) 220kcal</p>	<p>0.5% beer (500ml) 115kcal</p>		

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FOOD SWAPS**SNACKS**

Swap this →	For this	Food source	How these foods effect your mood
<p>Chocolate bar Galaxy, 229kcal & 23g sugar (42g) Cadbury Dairy Milk, 240kcal (45g)</p> <p>Iced doughnut 251kcal & 25g sugar (58g)</p>	<p>6 Brazil nuts (30g) or 25g pumpkin seeds Apple, 50kcal Banana, 90kcal Both contain naturally occurring fruit sugar</p> 	<p>Nuts (particularly Brazil nuts), seeds, beans, lentils, wholegrains, green leafy vegetables, e.g. spinach</p>	<p>Magnesium deficiency symptoms include fatigue, anxiety, insomnia and predisposition to stress.</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 to minimise the highs and lows of energy levels.</p>
	<p>2 crackers and 30g lower fat cheese Crackers 70kcal & cheese 74kcal = 144kcal</p> 	<p>Chicken, turkey, tofu, eggs, fish, milk, cheese, oats</p>	<p>Low levels of the chemical serotonin are linked to poor quality sleep, as well as anxiety and depression.</p> <p>Foods that are good sources of the essential amino acid tryptophan can help to boost serotonin levels.</p>

SPICY FOODS

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<p>Foods containing chillies and hot spices</p>			<p>It is believed that spicy food may give you indigestion and raise your core body temperature, which are bad news for sleep.</p> <p>Research suggests that a decrease in body temperature triggers a sense that it's time to go to sleep.</p>

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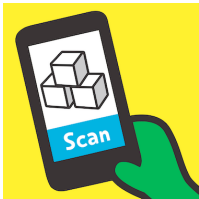
FOOD SWAPS

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.