


GOOD MOOD Food Swaps Fact Sheet





Food type	Swap this	Kcal	For this	Kcal	Food source Vegetarian in green	Why swap and how these foods affect your mood? Key nutrients in blue
Snack	Chocolate bar e.g. Galaxy 42g	229 (Galaxy)	6 Brazil nuts (30g) 	200	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.
	Cadbury Dairy Milk 45g	240 (Dairy Milk)	Piece of fruit, e.g. 1 orange or 1 banana or 1 apple or 2 satumas 	60 (orange) 50 (apple) 40 (2 satumas)	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	Glass of wine (175ml) Pint of beer Alcopop (330ml)	131 (wine) 187 (beer) 172 (alcopop)			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.

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Caffeinated beverage	<p>Can of coke (330ml)</p> <p>Can of energy drink (500ml)</p> <p>Monster Energy or Red Bull (250ml)</p> <p>Caffeinated tea or coffee (250ml)</p>	<p>139kcal & 32mg caffeine (coke);</p> <p>237kcal & 160mg caffeine (Monster Energy)</p> <p>115kcal & 80mg caffeine (Red Bull)</p> <p>2kcal & 63mg caffeine (black tea)</p> <p>4kcal & 79mg caffeine (black instant coffee)</p>	<p>Water</p> <p>Decaf tea</p> <p>Decaf coffee</p> <p>No added sugar squash, e.g. 250ml Robinson's no added sugar orange squash</p> 	<p>0 (water); 2kcal & 4mg caffeine (black decaf tea); 4kcal & 2mg caffeine (black decaf instant coffee); 4kcal & 0 caffeine (Robinson's NAS orange squash)</p>	<p>Caffeinated beverages e.g. caffeinated tea, coffee, carbonated drinks e.g. colas, "energy drinks, e.g. Red Bull, Monster"</p>	<p>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.</p>



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Breakfast	30g bowl of sugar frosted corn flakes	105kcal & 11.5g sugars	30g bowl of wholegrain cereal e.g. Bran Flakes 	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. 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>Increases serotonin which is a messenger chemical in the brain, which improves mood and how we feel.</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>

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	Slice of white bread with a teaspoon of marmalade	96kcal & 1.0g sugar (bread) 16kcal & 4g sugar (marmalade) = 112kcal & 5.0g sugar	Boiled egg with a medium slice of wholegrain bread 	66kcal (egg) + 93kcal & 1.2g sugar (bread) = 159kcal total, 1.2g sugar	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>



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			<p>Slice of wholegrain bread and an 8g portion of Marmite</p> 	<p>93kcal & 1.2 sugar (bread) & 21kcal & <0.5g sugar (Marmite) = 114kcal & 1.2g sugar</p>	<p>Liver; green vegetables; oranges; citrus fruits; beans; fortified foods e.g. yeast extra; fortified breakfast cereals</p>	<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>
Lunch	Battered fish and chips from chip shop	About 840kcal	<p>Medium baked jacket potato with skin with 56g tuna in spring water</p> 	<p>245kcal (potato) & 61kcal (tuna) = 306kcal</p>	<p>Meats (liver, chicken, pork, beef, lamb); fish (particularly anchovies, tuna, salmon, mackerel); wheat and maize flour; eggs; dairy products</p>	<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. Deficiency can result in tiredness, feeling depressed, irritability.</p>

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	1/2 thin & crispy pepperoni pizza and 100g oven chips	401kcal (pizza) + 162kcal (chips) = 563kcal	Grilled 130g chicken breast without skin with 30g baby leaf salad 	192kcal (chicken) + 6kcal (salad) = 198 kcal	Lean meats, e.g. chicken, turkey; fish; eggs; cheese; legumes; soya products; nuts; seeds; tofu	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. 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). Deficiency often accompanied by insomnia, depression, forgetfulness and irritability. Fibre 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.
Food type	Swap this	Kcal	For this	Kcal	Food source Vegetarian in green	Why swap and how these foods affect your mood? Key nutrients in blue
Dinner	Takeaway sweet and sour chicken (1/2 plastic carton) and small carton of egg fried rice	508kcal (sweet & sour chicken) 679kcal (rice) = 1187kcal	Salmon fillet (pan-fried), 100g boiled brown rice, 80g serving of boiled frozen mixed vegetables	214kcal (salmon) + 111kcal (rice) + 34kcal (veg) = 359kcal	Meats (liver, chicken, pork, beef, lamb); fish (particularly anchovies, tuna, salmon, mackerel); wheat and maize flour; eggs; dairy products	Salmon contains 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. 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.

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						<p>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>169kcal (liver), 15kcal (beans), 74kcal (potatoes) = 258kcal</p>	<p>Liver; green vegetables; oranges; citrus fruits; beans; fortified foods e.g. yeast extra; fortified breakfast cereals</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>