

Eat well feel well

We all have good days and bad days but what we eat and when we eat can influence our mood, energy levels, concentration and even how we deal with stress at work.

Tips from our dietitians include:

1. Keep regular
2. Keep it complex
3. Think brainy
4. Stay hydrated
5. Take your breaks



Use the chart on page 2 to keep track of your habits

Discover how our food and drink choices help us feel and function well at work

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WEEK ONE: How do our mood boosting tips compare with your habits at work? Complete the chart to see how you are doing.

	Monday	Tuesday	Wednesday	Thursday	Friday
Keep regular: breakfast + lunch	BF:				
	Lunch:				
Keep it complex: mostly wholegrain carbohydrates	WHOLEGRAIN BREADS AND CEREALS, BROWN RICE AND PASTA, COUSCOUS, PULSES AND BEANS, FRUIT AND VEGETABLES				
Think brainy: nutrient dense foods for the brain	MEAT, FISH, EGGS, BEANS OR LEAFY GREENS AT LUNCH				
Stay hydrated: 4-5 mugs of fluid during work * ✓✓✓✓✓					
Take breaks: took a break for lunch away from desk					

* More if you work in a warm or dry environment. Adjust if you work longer or shorter hours (aim for 6-8 mugs of fluid during waking hours)

WEEK TWO: You should be able to easily see what small changes you could make to boost your mood during the working day.

Setting Goals can help – use this space to set your own **Feel Well** goals e.g. to help me feel and work well, I will drink an extra cup of water with lunch

- 1.
- 2.
- 3.

