



## Mental Health and Well-Being Support with Mr Doyle Issue 13 - Healthy Eating!

Don't forget, where you see the orange underlined text, that is a link to a super mental health and well-being resource!



### Our newest feature... 'MR DOYLE SAYS...'

In this section, Mr Doyle will introduce you to a new idea, activity or thought. This week he says... "did you know what you eat has an effect on how you feel?" Eat your way to positive mental health with this week's resource!

Ask yourself...  
Where am I on  
the rainbow  
today?



Check out this brilliant webpage from the NHS, which has practical hints and tips to help improve your diet!  
<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>.



Eating too much Sugar can send your energy levels on a rollercoaster ride. Like a rollercoaster there are ups and downs. Eating something sugary will give your mood a short rapid boost, then a sudden drop in blood sugar could make you feel weak, hungry and moody. By eating something more wholesome and nutritious we will help to keep our energy levels stable, leaving us feeling calmer and more focused. Follow the link below for some more reading: <https://www.medibank.com.au/livebetter/be-magazine/food/8-benefits-of-cutting-back-on-sugar/>



Why not try, as a family, or just you (the brave one), this week to make some positive food swaps during your meal times. Remember, small changes can add up to make a big overall difference to your diet, health and well-being. You will find some useful advice on the "[NHS Healthy food swaps](#)" site.

### HEALTHY FOOD SWAPS

SWAP THIS	FOR THIS
POPSICLE	FROZEN GRAPES
BUTTER	AVOCADO MASH
CHICKEN WRAP	LETTUCE WRAP
JUICES	FRUITS
BEEF BURGAR	CHICKEN BURGAR
POTATO CHIPS	POPCORN
DESSERT	DARK CHOCOLATE
BUTTER TOAST	AVOCADO TOAST
GRANOLA	OATS
MILKSHAKES	KALE SMOOTHIE

Here is a link for the adults. Head over to Netflix and give 'The Game Changers' a watch. It'll seriously make you think about what fuel you put into your tank!



Check out the [change4life](#) website for Healthier lunchbox recipes. Get loads of easy-to-prepare ideas your kids will love, as well as tips on what else to put in their lunchbox! It's a great resource!

