

# NUTRITION GUIDE

## Good Foods...

<b>WHAT TO EAT</b>	<b>WHY?</b>
<p><b>Fruit and veg:</b>  <i>Cheap ones include apples, pears, bananas, berries, plums, salad leaves, tomatoes, onions, carrots, celery and potatoes</i></p>	<p>The vitamins and minerals help your brain work and your body cope with the excesses of Fresher's Week.</p> <p>Try smoothies, stir-fries, fruit snacks, salads and raw vegetables - carrot, celery, pepper, baby corn, cucumber, with dips such as hummus</p>
<p><b>Unrefined carbohydrates:</b>  <i>Brown rice, wholemeal bread, oat cakes, porridge oats and rye bread</i></p>	<p>Whole grains are digested slowly to supply a steady stream of energy and avoid energy lows and weight gain</p>
<p><b>Beans, lentils, pulses:</b>  <i>Chickpeas, kidney beans and baked beans</i></p>	<p style="text-align: center;">High in fibre.</p> <p>Release their energy slowly and steadily to fill you up without fattening you</p>
<p><b>Eggs:</b>  <i>Poached, scrambled or boiled, or in omelettes</i></p>	<p>Full of B vitamins to boost your mood and energy levels, plus protein to keep your brain functioning fully.</p> <p style="text-align: center;">Poach, scramble or boil rather than fry</p>
<p><b>Oily fish:</b>  <i>Salmon, trout, mackerel, fresh tuna and sardine</i></p>	<p>Packed with omega 3 brain-boosting fats.</p> <p style="text-align: center;">Will also keep skin soft and supple and hormones balanced</p>
<p><b>Nuts and seeds:</b>  <i>Pumpkin and sunflower seeds</i></p>	<p>Contain brain-friendly omega 3 and 6 fats.</p> <p style="text-align: center;">Sprinkle on cereal or in smoothies</p>
<p><b>Lean meat:</b>  <i>Chicken, turkey, lean (not reconstituted) ham and beef</i></p>	<p>Good sources of protein to provide brain fuel and help your body repair itself after exercise or partying</p>

## ... and the Bad Foods

<b>WHAT TO LIMIT/AVOID</b>	<b>WHY?</b>
<b>Sugary foods and drinks</b>	Release sugar very quickly into the blood stream to provide a short-lived buzz - followed by a dip in energy. Prompts the body to store the excess as fat. Also damages cells to lead to ageing and wrinkles as well as rotting teeth!
<b>Refined carbohydrates:</b> <i>white bread, white rice and pasta and chip</i>	Release their sugar very quickly to raise blood sugar levels
<b>Hydrogenated fats:</b> <i>added to some processed foods, and trans fats from fried food</i>	Cause weight gain, clog arteries and block brain function. Do not buy products listing hydrogenated fats or partially hydrogenated fats in the ingredients, and limit fried food such as takeaways
<b>Fatty meat and full fat dairy products</b>	Easily stored as fat. Worsens inflammatory conditions like eczema and asthma
<b>Processed food:</b> <i>ready meals, takeaways and confectionary items</i>	Contain artificial additives and preservatives linked to allergies and asthma, as well as sugar and saturated fat which lead to weight gain and decreased energy
<b>Caffeine</b>	Upsets blood sugar balance to disturb energy, concentration and weight
<b>Alcohol</b>	Weight gain. Strains the liver so that it cannot detoxify other substances like hormones, resulting in raised circulating oestrogen levels in women and men