



My Club & Nutrition

The link between mental health and nutrition is an often overlooked one. Good nutrition can reduce the risks of developing a depressive disorder.

Studies have found that people who eat a diet of whole foods – fruits, vegetables, whole grains, and high-quality proteins – show a reduced risk of developing some types of mental health problems. Consuming foods high in selenium, calcium, and magnesium can help with memory and stress relief, while folic acid and other B vitamins can relieve depression and fatigue.

It's important to remember that while whole foods can reduce the chances of developing some types of mental health problems, a depressive disorder needs to be treated by a doctor. Good nutrition and exercise is only part of the whole.

The Eat well Guide is based on the main food groups that together provide a healthy, balanced diet:

- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Fruit and vegetables
- Dairy and alternatives
- Beans, pulses, fish, eggs, meat and other proteins
- Oils and spreads
- Drink 6-8 cups / glasses of fluid each day
- If food and drinks that are high in fat, sugar and salt are eaten, have these less often and in small amounts.



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

| | | | | |
|-----------------------------|-------------|-----------------------|---------------|--------------|
| Energy 1946kJ 460kcal | Fat 3.0g | Saturated fat 1.3g | Sugars 34g | Salt 0.9g |
| | LOW | LOW | HIGH | MED |
| 13% | 4% | 7% | 38% | 15% |

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes

Whole grain cereal

Cous Cous



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.