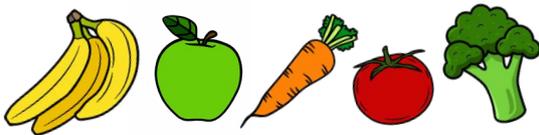


# Eating well

What you eat and drink can directly affect how you feel. A balanced diet provides the fuel your brain and body need to work well. Poor eating habits can worsen low mood and fatigue. Making small, realistic changes can support recovery from depression and help stabilise your energy.

## NHS Recommendations for Adults

- Aim for at least 5 portions of fruit and vegetables a day (one portion = a handful or 80g).
- Drink 1.5 – 2 litres of water per day.
- Choose wholegrain foods where possible (bread, pasta, rice).
- Include protein with every meal.
- Limit processed foods, fast foods, and high-sugar snacks.



Source: NHS Eatwell Guidelines

## Suggestions or ideas

- Swap sugary snacks for fruit or nuts.
- Add vegetables to pasta, soups, or sandwiches.
- Choose wholegrain bread or rice.
- Cook one new healthy recipe each week.
- Plan meals ahead to avoid last-minute takeaways.
- Share meals with friends or family for variety.



Make water  
your drink  
of choice

## PAUSE & REFLECT

## THE EVIDENCE

- Research shows that dietary improvement with more wholefoods and fewer processed foods can reduce depressive symptoms (Jacka et al., 2017).
- Healthier eating patterns such as the Mediterranean diet are linked with lower risk of depression and improved wellbeing (Firth et al., 2020).

## WHAT IS IMPORTANT TO ME?

Use this checklist to explore the benefits of healthy eating and identify the reasons that matter most to you. Tick the ones that feel most important – this can help you stay motivated and focused on your goals.

- Boost energy and feel more alert.
- Support a healthy weight.
- Improve mood and reduces stress.
- Strengthen your immune system.
- Sleep better.
- Support brain health and concentration.
- Reduce risk of long-term health conditions.
- Keep bones and muscles strong.
- Improve digestion and gut health.

## FOCUSING ON MORE



Learn why nutrition is important for everyone and how small, evidence-based changes can improve health. This booklet explains the 'why' and 'how' of healthy eating for lasting wellbeing.

<https://bit.ly/481Xu4t>

## WHERE TO START

**You could start by filling in 'My plan' or try any of the following:**

- For general information and tips on losing weight, start with the NHS Better Health videos, advice, apps, groups and discounts: [nhs.uk/better-health/lose-weight/](https://nhs.uk/better-health/lose-weight/)
- For information on wholefoods and healthy recipes: [healthconnections mendip.org/resources/food-cookery-and-growing/](https://healthconnections mendip.org/resources/food-cookery-and-growing/)
- For in-person support, join a healthier lifestyles 6-week programme through Health Connections Mendip: [healthconnections mendip.org/healthy-lifestyles-programme/](https://healthconnections mendip.org/healthy-lifestyles-programme/)
- For resources designed to help you with healthier eating, visit Health Connections Mendip: <https://healthconnections mendip.org/resources/healthier-eating/>
- For wider groups, services and resources, explore: [healthconnections mendip.org/mendip-directory/](https://healthconnections mendip.org/mendip-directory/)



NHS Better Health Videos  
Lose Weight



Information on Wholefoods  
and Healthy Recipes