

Tip 4. eat well

What I eat can change the way I feel. Eating well can help me to feel better. Eating well:

- gives me more energy
- helps me sleep better
- helps me concentrate
- helps me feel good.

To feel good I can eat:

- colourful fruits and vegetables
- wholegrain cereals and breads
- beans, lentils and nuts
- unsweetened yoghurt
- olive or canola oil
- fish (tinned is fine).

**I don't have to be perfect,
I can choose to eat well
most of the time.**



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I normally eat these foods for...

breakfast:

lunch:

dinner:

snacks:

**I could swap some things I eat for healthier options
(like white bread for wholemeal or grainy bread).
Write down some easy swaps:**

**In tough times it can be harder to eat well. What things
can help me to eat well in tough times? For example,
eating with friends, meal prep etc.**