



What ideas can we try to help us eat well?

Action

Ways to eat well for gut health

- Try and vary what you eat with lots of different colours on your plate
- Add more fibre to your day with lots of vegetables, fruits, beans and lentils
- Remember to hydrate well with water rather than fizzy drinks
- Try out a fermented food like kefir, kimchi or kombucha

Ways to eat well for brain health

- Try and eat food high in omega 3 like oily fish, seeds, walnuts and soya
- Think about foods with antioxidants like blueberries, beetroot, herbs and spices
- Avoid excess alcohol and caffeine

Ways to eat well for whole body health

- Try and eat wholefoods that are simply prepared rather than ultra-processed choices
- Try and avoid food high in sugar or saturated fats
- Sometimes supplements can be helpful – seek advice from a professional if you think you are at risk of being low in something

Ways to eat kindly

- Being too strict with food can be harmful so try and be kind with yourself
- Try not to rush meals, see if you can savour and enjoy the food mindfully
- Try to avoid taking advice from influencers or those without training - seek advice from a trained professional
- If thinking about food feels difficult, you can use breathwork as a way to support digestion
- Remember we are all individuals

Eat Well

