



**Exploring the link  
between what we eat  
and how we feel**

**Online Course Workbook**





# **Contents**

**1 – Introduction to the food groups, where we can get them from and why we need them**

**2 – How can food affect our mood**

**3 – Putting things into practice – label reading**

**4 – Cooking on a budget**

**5 – Meal planning & Recipes**

**6 – Conclusion – what changes have we made or can we make going forward?**

## **Useful Contacts**

### **PHQ & GAD 7**

To complete at start of course

### **PHQ & GAD 7**

To complete at end of course

## **Feedback Form**

**Loneliness Scale Pre-course 1**  
**Loneliness Scale Post-course 2**



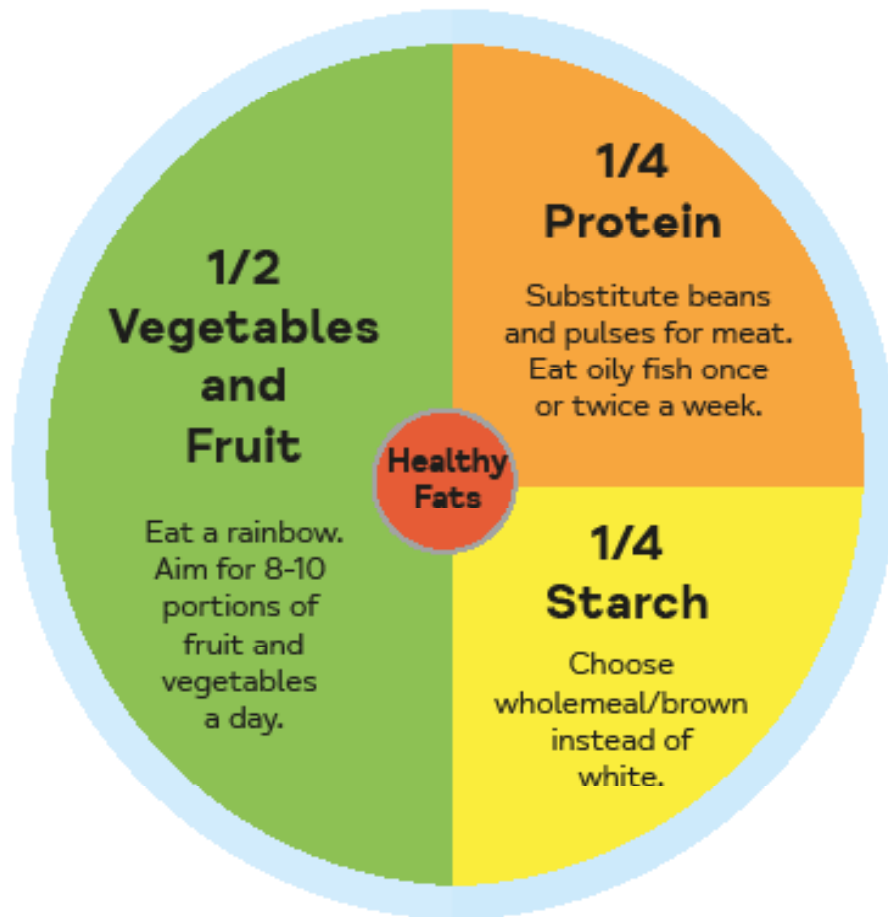
## Course Aims

What does eating well mean to us?

How can this change how we feel?

How can we integrate this into our daily lives?

# A Healthy Plate



## Vegetables and Fruit

Try to eat 8-10 portions of fruit and vegetables a day. These can be fresh or frozen. Eat raw, cook gently or steam to maximise the nutrients.

## Protein

Meat and poultry.  
Fish and seafood.  
Dairy products - milk, cheese.  
Eggs.  
Beans, lentils, pulses.  
Soya products.  
Nuts and seeds.

## Starch

(Carbohydrates)  
Bread  
Rice  
Pasta  
Potatoes  
Grains - quinoa, spelt.  
Wheat products.

Try to swap white for brown/wholemeal.

## Healthy Fats

Olive oil.  
Coconut oil.  
Flax seed oil.  
Rapeseed oil.  
Black seed oil.



## Water

Water is essential to hydrate us. It helps transport nutrients. Try to drink 8 glasses of water a day. A typical glass size would be around 250ml.

## **We should aim to eat at least 5 portions of fruit and vegetables every day.**

This can include canned, frozen, dried as well as fresh

Try to include as much variety as possible as they all contain different amounts of vitamins and minerals

## **Why do we need these?**

- Contain a large amount of our daily fibre requirement.
- Fruits and vegetables contain many of the nutrients that we need to stay healthy – for immunity, energy and physical and mental health.
- Certain B vitamins for example, found in green leafy vegetables like spinach and kale are important for their role in producing brain chemicals which may have an impact on mood.
- These nutrients work together and depend on one another which is why a variety is important.

## **How big is a portion?**

1 piece of fresh fruit, e.g. a small banana, an apple, a satsuma or a pear.

Dried fruit – a small handful (maximum 1 per day)

A generous handful of vegetables or salad

Dried, canned and frozen varieties are great options too – just be careful to look at the ingredients as sometimes these can be high in sugar or salt and have other ingredients added.

Juices or smoothies – a small glass (maximum 1 per day)

## **How can we include these?**

Can you think of practical ways of including more fruit and vegetables in your daily diet?

One idea is to try to include 1 portion of vegetables or fruit with each main meal and 1 portion for a mid-morning and mid-afternoon snack.

# Carbohydrates

A third of what we eat should come from starchy food or carbohydrates

Wholegrains and high fibre options are best

## Why do we need these?

Our main source of energy comes from carbohydrates.

They contain a variety of vitamins and minerals as well as fibre.

Wholegrain options will contain more fibre and usually more of the nutrients we need than refined versions.

Choosing wholegrains can help with keeping our blood sugar balanced throughout the day - which has an impact on our mood. We will look at this in more detail in the next session.

## How can we include these?

Each main meal can be based around a carbohydrate.

Can you think of examples of how you can do this at breakfast, lunch and dinner?

E.g. Oats porridge for breakfast, a wholegrain sandwich for lunch, brown rice with a chicken curry for dinner.

NOTES

# Proteins

This food group includes beans, pulses, fish, eggs, poultry and meat

Eat a moderate amount of these foods, 2 portions a week should come from fish, one of which should be oily fish

## Why do we need these?

Proteins are the building blocks of the body – they are essential for all cells in the body to be able to grow and repair.

Some protein-rich foods can be high in saturated fats, so try to include more lean meats such as chicken or fish and vegetable protein sources like beans and pulses.

Protein also plays an important role in balancing our blood sugar which impacts our mood. We will learn more about this next week.

## How can we include these?

Try to include a protein food with each meal and each snack.

Can you think of some examples of protein that can be eaten at different meal-times?

Choose lean meat cuts and cut the skin off chicken and the fat off meat, grill instead of frying to reduce the fat content.

Oily fish such as salmon and mackerel is recommended at least once per week – these contain healthy fats which our bodies and brains need.

NOTES

# Dairy and Milk products

Include some dairy or dairy alternatives in your diet daily. Try to go for lower fat and lower sugar options where possible.

Examples are yoghurt, milk, cheese or soya and other non-dairy options.

These contain calcium for healthy bones and teeth, as well as protein.

## Fats & Oils

Unsaturated fats are a healthier option than saturated fats.

Fat is needed in the diet - but in very small amounts as it is high in energy.

Olive oil, sunflower oil and low-fat spreads are examples of this group of foods.

Later on in the course we look at how having some healthy fats in our diet is important – especially for our brains. These are the fats found in nuts, seeds and oily fish.

## Foods high in fat, salt and sugar

These are not foods that we need in our diets so while they can be enjoyed, should be eaten infrequently and in small amounts.

Foods that are high in sugar can be harmful to our health and as they can cause havoc with our blood sugar and energy levels can also affect our mood.

Examples are crisps, biscuits, ice cream, chocolate, condiments, soft drinks and cake.



# Hydration!

Aim for 6-8 glasses of fluids per day.

Water is ideal - but this can include tea, coffee and sugar-free drinks.

Fruit juices and smoothies can count but should be limited to 1 x 150ml serving per day due to the sugar content.

Ensuring you are drinking enough fluids is essential for avoiding dehydration and maintaining energy levels so can also have an effect on how we feel overall.

## SUMMARY

The Eatwell guide and Healthy Eating Plate is very useful to ensure we are eating a variety of foods from all the different food groups, which enables us to maintain a healthy and balanced diet.

What we eat affects all aspects of our physical health but also largely affects our mental health, which we will continue to explore.

### Useful Resource

[www.nhs.uk/live-well/eat-well/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)

NOTES

# How our Food affects our Mood

Exploring the link between what we eat and how we feel

## Balancing Blood Sugar

How can we ensure blood sugar balance is maintained and mood is therefore more stable?

Try to eat regularly (eg: 3 meals and 2 healthy snacks a day)

Include plenty of fibre (wholegrains, fruit and vegetables)

Include protein in every meal

Reduce sugar and caffeine

Choose foods with low glycaemic load...what does this mean?...

## Glycaemic Index

Foods with High GI release sugar (glucose) quickly, resulting in a rapid rise in blood sugar levels; a sugar spike. In contrast, low GI foods release sugar gradually over a number of hours, resulting in less insulin being produced.



## Fruit and Vegetables

Ensuring you get at least 5 a day is essential to provide adequate intake of vitamins.

All of these nutrients are important for different reasons - they play a role in our physical AND mental health. B vitamins particularly play an important role in producing brain chemical needed to regulate our mood.

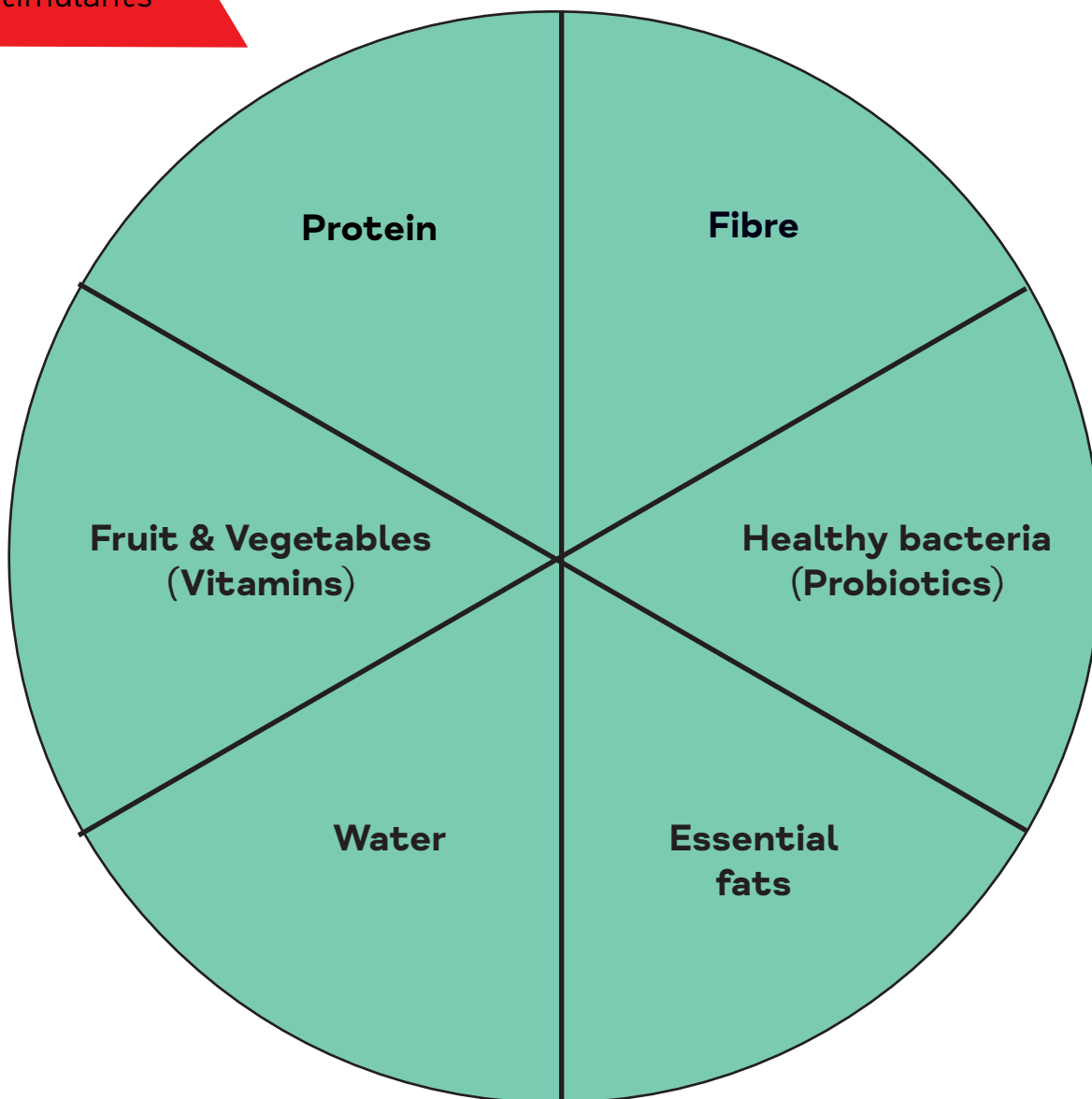
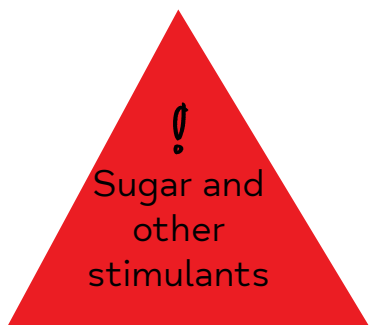
Try to 'eat a rainbow' - including more vegetables than fruit.

Some fruit can be high in sugar which can affect blood sugar, so choose low GI options where possible.

How can you increase your intake of fruit and vegetables?...

NOTES

# The “Mental Health” Healthy Eating Plate



## **Fibre**

Wholegrains and high fibre options are best when choosing carbohydrates (which are also found in fruit and vegetables).

Fibre helps slow digestion, which keeps our blood sugar balanced throughout the day - this has an impact on our mood.

Fibre helps to feed good bacteria in your gut.

How can you increase fibre in your current diet?...

NOTES

## **Proteins**

Protein helps to slow the digestion of food, which has a balancing effect on our blood sugar.

Protein is also broken down into amino acids - many of these are essential for producing neurotransmitters such as serotonin and dopamine. Some amino acids are themselves neurotransmitters.

Examples of proteins are: Eggs, fish, meat, beans, pulses...

As a rule, try to include a protein source with each meal.

How can protein be added to these meals?

Stir fry, soup, cereal, porridge, sandwiches, wraps, salads...

NOTES

## Essential fats

Healthy fats are essential for brain health.

The brain is 60% fat. Fatty acids are needed for brain function and performance (this includes brain development through all stages of life; memory, concentration, cognitive function etc).

Omega 3 fats (EPA and DHA) are found in oily fish, nuts and seeds.

How can you increase Omega 3 fats in your diet?

NOTES

## Healthy Bacteria (Probiotics)

The gut is often called 'the second brain'.

95% of our serotonin is found in the gut, compared with only 5% in the central nervous system.

Probiotics (good bacteria) have been found in studies to have a positive impact on symptoms of depression and anxiety. Having a healthy gut bacteria can change how we feel and how we think.

It is very important to maintain a balance between the levels of good and bad bacteria in the gut. Good bacteria can be increased by eating live yoghurt and fermented foods (such as sauerkraut). They also thrive on fibre...whereas bad bacteria feed on sugars.

How can you increase the good bacteria in your gut?

NOTES

## Hydration

Water intake is important for all aspects of health.

If we are hydrated, we feel more energised, we are able to concentrate better and adequate water intake helps reduce constipation.

Drink 1.5 to 2 litres of water per day - this can be water, but also drinks like herbal teas.

What other ways can you increase your water intake?

NOTES

## Sugar and other Stimulants

Too much sugar can have a detrimental effect on physical and mental health.

Sugar affects our blood sugar balance, leading to peaks and troughs which can affect our mood.

Sugar also upsets the healthy gut bacteria and leads to inflammation in the body.

Caffeine is a stimulant found in coffee, some fizzy drinks, energy drinks and chocolate. It can give us a quick boost of energy but can cause blood sugar dips and affect our mood in many ways.

Try to keep sugar, caffeine and other stimulants to a minimum.

How can you reduce your intake of sugar and stimulants?

NOTES

## SUMMARY

Blood sugar balance is key. Eat regularly, include protein and fibre; choose low GI foods and reduce sugar and caffeine.

Maintaining healthy levels of gut bacteria is essential as our gut health is connected to our brain health, so affects how we feel.

Include healthy fats (Omega 3) for brain health.

Stay adequately hydrated.

Moderate exercise or any kind of movement is also helpful for maintaining blood sugar levels and helping lift our mood.

**How could you include moderate exercise in your daily routine?**

NOTES

**This Mind film about food and mood is a helpful resource:**

**<https://youtu.be/CSH09VdVRfg>**

**You can find some helpful exercise resources on our website:**



# Putting things into practice

Now that we have looked at the different food groups and, more specifically, what we need to focus on to benefit our mental health, let's explore how we can apply this to our diets.

## Food Labels

### Know your label

Checking the nutrition label is a good way to compare products, make healthier choices and eat a balanced diet.

### Know your portions

Check the packs for the portion size. The notes will show what the size of pack or weight the nutrition label information is based on.

### Know your colours

The red, amber and green colours show at a glance whether a product is high, medium or low fat; level of saturates, sugars or salt.

### Know your calories

To make the choice that is right for you, use the calorie information to compare products.

### Know your daily allowance

Reference intake (RI) has replaced the term "Guidance Daily Amount" or GDA.

## What does it mean?

Most packaged food labels in the UK use a colour coding system.

Red means high      Amber means medium  
Green means low (More green = more healthy!)

The label often shows what percentage (%) of our Reference Intakes these items make up - these are guidelines about amounts needed to maintain a balanced diet.

Fat, saturated fat, sugar and salt is usually shown (sometimes fibre, protein, carbohydrate etc are also shown). Total calories are shown.

**Always be sure to check whether it is showing us per 100g (or certain weight) as a 'serving size' is often very different to what we may think it is.**

# Calories

In the UK the recommended total daily calorie intakes are:

Women - 2000 calories

Men - 2500 calories

This is a general guidelines and varies depending on activity levels, metabolism, age (etc).

On packaging, calories are listed as 'energy' as this refers to the amount of energy a food or drink contains. (Usually this is shown as Kcal or Kilocalories and also shown as Kilojoules).

The amount of calories we burn depends on many factors and can be influenced by age, weight, metabolism, activity levels, hormones and medication.

## Fat

High fat = more than 17.5g of fat per 100g

Low fat = 3g of fat or less per 100g

Remember - sometimes when something is advertised as 'low fat' or 'reduced fat' it may be made higher in sugar or salt as these are added to improve taste.

Yoghurt is an example. Natural (full fat) yoghurt is a better option than low fat sweetened yoghurt, which can contain a lot of sugar.

## Saturated Fat

High = more than 5g of saturated fat per 100g

Low = 1.5g of saturated fat, or less, per 100g

Saturated fats are the more harmful types of fats which our bodies do not need a lot of. Try to always pick foods which are Green for saturated fat.

Beware of nuts and seeds - these are healthy foods but will be Red for saturated fat. This is why portion size and Reference Intake is important too, and looking at what we eat as a whole nutritionally rather than individual items in isolation.

# Sugars

High = more than 22.5g of sugars per 100g

Low = 5g of total sugars, or less, per 100g

Sugar is often hidden in foods and come in many different forms, with many different names.

Sucrose	Organic Sugar
Maltose	Dark Muscovado Sugar
Dextrose	Crystallised Fructose
Brown Sugar	Fructose
Beet Sugar	Raw Sugar
Malt Sugar	Corn Sugar
Golden Caster Sugar	Cane Sugar
Jaggery	Invert Sugar
Honey	Coconut Blossom Nectar
Agave Syrup	Coconut Sugar
Barley Malt Syrup	Molasses
Brown Rice Syrup	Blackstrap Molasses
Carob Syrup	Treacle
Corn Syrup	Caramel
Golden Syrup	Agave Nectar
Invert Syrup	Apple Juice Concentrate
Malt Syrup	Fruit Juice Concentrate
Maple Syrup	Grape Sugar
Sorghum Syrup	Maple Sugar
Sugar Beet Syrup	Date Sugar
Palm Sugar	Date Syrup
Cane Sugar	Rehydrated Cane Juice
Cane Juice	Evaporated Cane Juice

## IMPORTANT

Ingredients are listed in order of quantities and sugar can often be hidden in the list under many other names, as above.

Cereals, granola, mueslis, for example, are usually seen as healthy breakfasts but make sure you are checking ingredient lists when buying these as sugar and salt is sometimes very high up on the list and a healthier alternative is usually available - or better still, homemade options are great!

# Salt

High = more than 1.5g of sugars per 100g (or 0.6g sodium)

Low = 0.3g of salt, or less, per 100g (or 0.1g sodium)

Sugar is often hidden in foods and come in many different forms, with many different names.

## Food Labels

Take a look at some food labels.

Do you notice anything surprising?

Could there be a healthy alternative to this particular food?

How could this negatively or positively affect your physical and/or mental health?

Things are not always what they seem.

Reading labels and checking ingredients is important.

This can also help us to make sure our portion sizes are reasonable.

Finding or making healthier alternatives is often easier than we think.

Think about some things we might be able to change or replace...



# A few ideas...

## Breakfast

- Swap a sugar coated cereal for wholegrain cereal such as porridge or shredded wholegrain wheat (with no added sugar), or make your own muesli or granola!
- Swap a sprinkle of sugar on your breakfast cereal for a topping of fresh or dried fruit, which counts towards one of your five a day.

## Lunch

- Swap white breads, bagels and muffins for wholegrain varieties.
- Swap butter and cheese on your baked potato for reduced fat spread and reduced sugar and salt baked beans.
- Swap a tuna melt panini for a tuna salad sandwich on wholemeal bread without mayonnaise.

## Dinner

- Swap creamy or cheesy sauces for tomato or vegetable-based sauces on pasta, meat or fish dishes.
- Choose leaner meat like low fat mince or quorn for cottage pie or spaghetti bolognaise.

## Drinks

- Swap a coffee made with whole milk for a coffee made with semi-skimmed or skimmed milk.
- Swap a cordial for a cordial with no added sugar.

## Snacks

- Swap salted nuts for unsalted nuts.
- Swap cheese straws for rice cakes with lower fat cream cheese.

MY SWAPS

# Recipe

## Homemade Granola (sugar free!)

### Ingredients

2 cups oats, dry  
1/2 cup cashew nuts  
1/4 cup almonds, sliced  
1/4 cup sesame seeds  
1 tablespoon cinnamon  
1/2 teaspoon salt  
3 large egg whites.

Makes enough for xxx portions.

### Method

- Preheat oven to 100 degrees C
- Combine oats, nuts, seeds, cinnamon and salt in a large bowl.
- In a separate mixing bowl, beat egg whites until they form soft peaks.
- Fold egg whites into dry oat mixture. Stir gently until the dry mixture is fully coated.
- Turn the mixture onto a baking sheet (lined with parchment paper)
- Bake in a pre-heated oven for 60 minutes, stirring every 20 minutes.
- Store in an airtight container for 1-2 weeks.

FAVOURITE RECIPES

### Useful Resources

[www.nhs.uk/live-well/eat-well/how-to-read-food-labels/](http://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/)

[www.bda.uk.com/resource/food-labelling-nutrition-information.html](http://www.bda.uk.com/resource/food-labelling-nutrition-information.html)

# Cooking on a Budget

**Eating well does not need to be expensive!**

Here are some tips for eating a healthy, balanced diet, without spending more.

- 1. Write a shopping list**
- 2. Plan meals to help reduce waste**
- 3. Re-use leftovers**
- 4. Buy frozen food**
- 5. Try to find cheaper brands**  
(remember to read the labels and ingredients to make sure you aren't compromising on these)
- 6. Have more meat-free days**  
(use pulses and legumes to replace meat in dishes. Soya is an option. If you are buying meat, look for cheaper cuts.)
- 7. Freeze!**  
(bread, mashed banana, meat, leftovers...)
- 8. Use recipe books or websites for inspiration and ideas**  
on making cheaper, healthier meals (also lots on social media).
- 9. Smaller portions**  
(this also means there may be leftovers for lunch the next day.)
- 10. Cook from scratch.**
- 11. Buy whole chicken.**
- 12. Shop online if possible** (this can help to avoid being tempted by offers - BOGOF!)
- 13. If you do shop in store, try to go when things are being reduced - you can pick up some great bargains.**
- 14. Cut down on luxury or convenience foods - there are often much cheaper (and healthier) alternatives.** This especially applies to foods aimed at children! Cutting up your own blocks of cheese or cooking chicken and cutting it into slices is a cheaper and MUCH healthier option than cheese strings or fridge raiders!
- 15. Use the per 100g check on foods** (the way things are packaged can often be misleading, sometime buying pre-packed is more expensive than loose items - this can also work the other way.)

## **In Summary**

There are lots of ways we can ensure we eat a healthy balanced diet without having to spend more.

No 'special ingredients' or 'superfoods' are required. A lot of the best food for our health are the simplest and ones we make from scratch.

## **Useful Resources**

Here are some useful resources for more information:

[www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/](http://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/)

[www.bbc.co.uk/food/budget](http://www.bbc.co.uk/food/budget)

[www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)

Books - Save with Jamie (Jamie Oliver)

MY BUDGET IDEAS



# Meal Planning & Recipes

## The benefits of meal planning

Saves time

Helps with portion control

Reduces food waste

Reduces stress of last minute cooking

Saves money

Avoids unhealthy options

Enables you to enjoy more variety

## How can this help me?

Whether your goal is to eat more variety, lose weight, generally increase vegetable intake, etc, meal planning can help you to achieve this, improving your overall health and reducing stress at mealtimes.

Remember: base each meal around protein and try to include essential fats where possible, some vegetables/fruit and slow-releasing carbohydrate (wholegrains).

# Breakfast Ideas

## Egg-based

Omelettes with mushrooms and peppers, egg muffins, scrambled or poached eggs on wholegrain toast, French toast.

## Granola or muesli

Homemade is best, or look for sugar free options (remember to check labels and ingredients).

Wholegrain toast with nut butters or baked beans

Homemade pancakes.

Yoghurt with fruit, nuts and seeds.

Oat porridge with blueberries, seeds and cinnamon.

## Smoothies!

Think of healthy smoothie ideas - try to include a fruit, vegetable and protein source.

BREAKFAST RECIPES

# Recipe

## Egg Muffins

### Ingredients

1 tbsp oil  
150g broccoli, finely chopped  
1 red pepper, finely copped  
2 spring onions, sliced  
6 large eggs  
1 tbsp milk  
large pinch smoked paprika  
and salt to taste  
50g cheddar or gruyere,  
grated (optional)  
small handful of chives,  
chopped (optional)

Makes 8 muffins.

### Method

- Preheat oven to 200 degrees C/180c fan / gas 4
- Brush half the oil into an 8 hole muffin tin
- Heat the remaining oil in a frying pan
- Add the broccoli, pepper and spring onions.
- Fry for 5 mins
- Set aside to cool.
- Whisk the eggs with the milk, smoked paprika and half of the cheese in a bowl.
- Add the cooked veg.
- Pour the mixture into the muffin holes and top each with the remaining cheese and a few chives, if you like.
- Bake for 15-17 mins or until golden brown and cooked through.

These can be kept in the fridge for a few days, or frozen.

Add chopped mushrooms, spinach, salmon, ham or anything you like.

BREAKFAST RECIPES

# Lunch Ideas

Wholegrain sandwich / wrap  
With tuna / chicken / mackerel / hummous / cottage cheese/  
avocado and salad.

Leftovers

Salad  
Beans, fish, chicken, cheese, avocado.

Be creative with vegetables  
These can be grated or chopped - on a base of couscous or pasta.

Soups!

LUNCH RECIPES

# Recipe

## Lentil and Tomato Soup

### Ingredients

1 tbsp rapeseed oil  
1 small onion, finely copped  
1 garlic clove, finely chopped  
30g red lentils  
200g tinned chopped tomatoes  
100ml vegetable stock  
pinch smoked paprika (optional)  
freshly ground black pepper, to taste

Makes \*\*\* portions

### Method

- Heat the oil in a saucepan over a medium heat.
  - Add the onion and garlic and cook for 2-3 minutes.
  - Add the remaining ingredients including black pepper to taste, and bring to the boil.
  - Reduce the heat and simmer for 20 minutes.
  - Can be liquidised if preferred.
- Serve immediately, or leave to cool and store in the fridge or freezer.

LUNCH RECIPES

## Dinner Ideas

Build a stir fry, curry or soup...  
rice or noodles, quinoa, couscous, potato or sweet potato.

### Protein

Beans, lentils, fish, lean meat, chicken.

### Vegetables

Extras like nuts and seeds, sauces (check labels and ingredients)

To make your own curry pastes for many different types of curries, this is a great resource:

[www.jamieoliver.com/recipes/vegetable-recipes/easy-hOMEMADE-curry-pastes/](http://www.jamieoliver.com/recipes/vegetable-recipes/easy-hOMEMADE-curry-pastes/)

DINNER RECIPES

# Recipe

## Quick Chicken Stir Fry

### Ingredients

handful cashew nuts  
2tbsp sunflower oil  
2 boneless skinless chicken breasts  
(cut into thin strips)  
3 spring onions, sliced  
175 small broccoli florers  
175 sugar snap pea or mange tout  
half a head of small Chinese leaves,  
shredded  
2 tbsp hoisin sauce  
6 tbsp water

### Method

- Heat a wok or large frying pan.
- Add the cashews and fry until toasted.
- Remove and set aside.
- Add 1tbsp oil and the chicken.
- Fry quickly until evenly browned, then remove from the pan.
- Add the remaining oil, along with the spring onions and broccoli.
- Stir fry quickly for 2-3 minutes, then add the peas and Chinese leaves and stir fry for a further minute.
- Return the chicken to the pan, add the hoisin sauce and 6tbsp water
- Bring to the boil, then cover and cook for 5 minutes until the chicken is cooked through.
- Scatter over the nuts to serve
- Serve as it is or with rice or noodles.

DINNER RECIPES

## Snack Ideas

Oat cakes with nut butters

Hummous with vegetable sticks

Natural yoghurt with berries

Fruit and nuts or seeds

Homemade energy/protein balls or bars

Do you have any other healthy snack ideas?

SNACK IDEAS



# Recipe

## No Bake Energy Balls

### Ingredients

1/4 cup raw cashews  
3/4 cup raw almonds  
1 1/2 cups medjool dates  
1/4 cup cocoa powder

No bake energy balls should be kept refrigerated. They are also freezer-friendly and can be kept for up to 2 months.

(Recipe from [www.thebigmansworld.com](http://www.thebigmansworld.com)).

### Method

- In a food processor, add your nuts and blend until a crumbly texture remains
- Add the Medjool dates and blend until thick and combined. Add the cocoa powder. Continue blending or pulsing, regularly scraping down the sides to ensure it is fully mixed.
- Pour the chocolate energy ball batter into a large bowl. Lightly wet your hands, form the dough into small balls and place on a lined plate.
- Refrigerate for 10 minutes or until firm.

SNACK IDEAS

# Conclusion

**What changes have we made, or can we make going forward?**

Mental Health Healthy Eating Plate  
Page 12

Read Labels and Ingredients  
Page 16-20

## **Remember to be aware of:**

Portion size / serving size

Look out for hidden ingredients, especially sugar which may be listed using many different names

Meal planning and shopping accordingly can be very helpful for saving money, ensuring we eat a variety, helping us avoid unhealthier options, reducing waste and saving stress and time.

Use recipe books and all the many online resources to assist you and inspire you.

## **Building a meal for good mental health:**

Remember to try and base each meal around:

A protei source

A low GI (and high fibre) carbohydrate source

Vegetables and/or fruit

Essential fats and probiotic foods, where possible

# Recipe

## The Mind Meal (3 courses)

This recipe is an example of how you could combine a range of proteins, omega 3 fats, vitamins, wholegrains and healthy gut foods in a single meal.

It is also low in sugar, caffeine and additives.

Serves 2-4 people

### Main Course: Pasta with pesto and oil-rich fish

#### You will need:

250g packet of wholewheat pasta  
100g jar of pesto  
180g tin of tuna in brine or water

#### How to make it:

Cook the pasta in boiling water following the packet instructions, then drain the water.

Add 3 tablespoons of pesto to the drained pasta, and mix together. Open the tin of fish, drain the liquid, stir the fish into the pasta and serve.

### Side Dish: Avocado Salad & Seeds

#### You will need:

250g mixed lettuce leaves  
1 ripe avocado  
50g of sunflower and pumpkin seeds

#### How to make it:

Wash the salad leaves and place on a dish.

Remove the skin and stone from the avocado, slice it and add the slices to the salad.

Sprinkle the seeds over the top and serve.

### Dessert: Fruit & Yoghurt

#### You will need:

Fresh fruit (such as 1 apple and 1 banana)  
8 dried apricots  
40g broken walnuts  
4 spoonfuls of plain probiotic yoghurt

#### How to make it:

Wash the fruit and cut into small pieces (removing core if you want)

Rinse the dried apricots, cut them into quarters, put them in a bowl with the yoghurt and fruit.

Serve with walnuts sprinkled over the top.

# Hydration!

Remember to drink plenty of water

6-8 glasses per day, ideally

This is important for:

Energising

Feeling mentally alert

Allowing us to concentrate better

Improving digestion and excretion

IDEAS FOR INCREASING WATER INTAKE

Any questions?

A useful resource for more information:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



## Useful Contacts

<b>B&amp;NES Crisis Team</b>	01225 362814
<b>Breathing Space</b>	01225 983130
<b>Bath Mind</b>	01225 316199
<b>Community Wellbeing Hub</b>	0300 247 0050
<b>Samaritans</b>	116 123
<b>Shout</b>	85258 (text line)

# Before Course Assessment

<b>PHQ-9</b>	Over the last 2 weeks how often have you been bothered by any of the following problems? (Please circle)	Not at all	Several Days	More than half the days	Nearly every day
<b>1.</b>	Little interest or pleasure in doing things	0	1	2	3
<b>2.</b>	Feeling down, depressed, or hopeless	0	1	2	3
<b>3.</b>	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
<b>4.</b>	Feeling tired or having little energy	0	1	2	3
<b>5.</b>	Poor appetite or overeating	0	1	2	3
<b>6.</b>	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
<b>7.</b>	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
<b>8.</b>	Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
<b>9.</b>	Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3
<b>PHQ-9 Total Score =</b>					

<b>GAD-7</b>	Over the last 2 weeks how often have you been bothered by any of the following problems?	Not at all	Several Days	More than half the days	Nearly every day
<b>1.</b>	Feeling nervous, anxious or on edge	0	1	2	3
<b>2.</b>	Not being able to stop or control worrying	0	1	2	3
<b>3.</b>	Worrying too much about different things	0	1	2	3
<b>4.</b>	Trouble relaxing	0	1	2	3
<b>5.</b>	Being so restless that it is hard to sit still	0	1	2	3
<b>6.</b>	Becoming easily annoyed or irritable	0	1	2	3
<b>7.</b>	Feeling afraid as if something awful might happen	0	1	2	3
<b>GAD-7 Total Score =</b>					






# After Course Assessment

<b>PHQ-9</b>	Over the last 2 weeks how often have you been bothered by any of the following problems? (Please circle)	Not at all	Several Days	More than half the days	Nearly every day
<b>1.</b>	Little interest or pleasure in doing things	0	1	2	3
<b>2.</b>	Feeling down, depressed, or hopeless	0	1	2	3
<b>3.</b>	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
<b>4.</b>	Feeling tired or having little energy	0	1	2	3
<b>5.</b>	Poor appetite or overeating	0	1	2	3
<b>6.</b>	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
<b>7.</b>	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
<b>8.</b>	Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
<b>9.</b>	Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3
	<b>PHQ-9 Total Score =</b>				

<b>GAD-7</b>	Over the last 2 weeks how often have you been bothered by any of the following problems?	Not at all	Several Days	More than half the days	Nearly every day
<b>1.</b>	Feeling nervous, anxious or on edge	0	1	2	3
<b>2.</b>	Not being able to stop or control worrying	0	1	2	3
<b>3.</b>	Worrying too much about different things	0	1	2	3
<b>4.</b>	Trouble relaxing	0	1	2	3
<b>5.</b>	Being so restless that it is hard to sit still	0	1	2	3
<b>6.</b>	Becoming easily annoyed or irritable	0	1	2	3
<b>7.</b>	Feeling afraid as if something awful might happen	0	1	2	3
	<b>GAD-7 Total Score =</b>				



# Course Feedback

					
Do you feel your awareness of <b>gardening</b> has developed from this course?					
Do you feel your understanding of <b>growing things at home</b> has increased from this course?					
Do you feel more confident or equipped to <b>use gardening to benefit</b> your mental health and wellbeing needs and to ask for help?					
What is your impression of the quality of the <b>training materials</b> ?					
How would you rate the <b>quality and style of the course trainer</b> ?					

Additional Comments:-

# Loneliness Scale Pre Course 1

Name:

Date:

**INSTRUCTIONS:** Indicate how often each of the statements below is descriptive of you. C indicates “I often feel this way” S indicates “I sometimes feel this way” R indicates “I rarely feel this way” N indicates “I never feel this way”

1. I am unhappy doing so many things alone	O S R N
2. I have nobody to talk to	O S R N
3. I cannot tolerate being so alone	O S R N
4. I lack companionship	O S R N
5. I feel as if nobody really understands me	O S R N
6. I find myself waiting for people to call or write	O S R N
7. There is no one I can turn to	O S R N
8. I am no longer close to anyone	O S R N
9. My interests and ideas are not shared by those around me	O S R N
10. I feel left out	O S R N
11. I feel completely alone	O S R N

12. I am unable to reach out and communicate with those around me	O S R N
13. My social relationships are superficial	O S R N
14. I feel starved for company	O S R N
15. No one really knows me well	O S R N
16. I feel isolated from others	O S R N
17. I am unhappy being so withdrawn	O S R N
18. It is difficult for me to make friends	O S R N
19. I feel shut out and excluded by others	O S R N
20. People are around me but not with me	O S R N

Scoring: Make all O's =3, all S's =2, all R's =1, and all N's =0. Keep scoring continuous.

# Loneliness Scale Post Course 2

Name:

Date:

**INSTRUCTIONS:** Indicate how often each of the statements below is descriptive of you. C indicates “I often feel this way” S indicates “I sometimes feel this way” R indicates “I rarely feel this way” N indicates “I never feel this way”

1. I am unhappy doing so many things alone	O S R N
2. I have nobody to talk to	O S R N
3. I cannot tolerate being so alone	O S R N
4. I lack companionship	O S R N
5. I feel as if nobody really understands me	O S R N
6. I find myself waiting for people to call or write	O S R N
7. There is no one I can turn to	O S R N
8. I am no longer close to anyone	O S R N
9. My interests and ideas are not shared by those around me	O S R N
10. I feel left out	O S R N
11. I feel completely alone	O S R N

12. I am unable to reach out and communicate with those around me	O S R N
13. My social relationships are superficial	O S R N
14. I feel starved for company	O S R N
15. No one really knows me well	O S R N
16. I feel isolated from others	O S R N
17. I am unhappy being so withdrawn	O S R N
18. It is difficult for me to make friends	O S R N
19. I feel shut out and excluded by others	O S R N
20. People are around me but not with me	O S R N

Scoring: Make all O's =3, all S's =2, all R's =1, and all N's =0. Keep scoring continuous.



For more information and support,  
visit our website

[www.bathmind.org.uk](http://www.bathmind.org.uk)

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and to keep up with all our news.



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