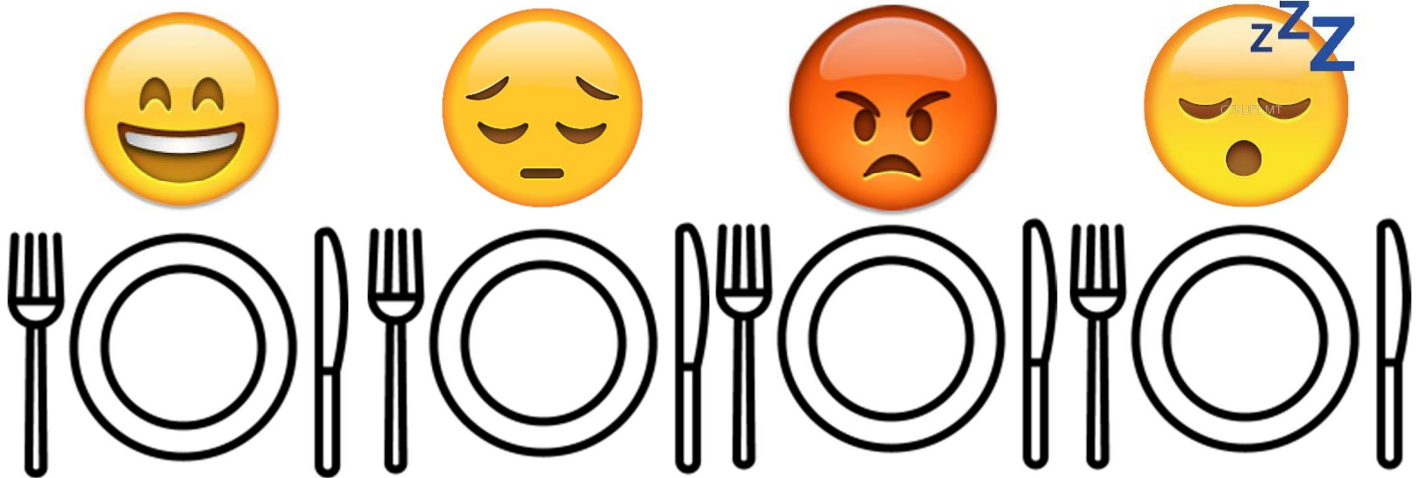


Sometimes we eat, not because we are physically hungry, but because we are emotionally hungry. At times our mood can influence our food choices.



If you could create a 3 course (balanced) menu, what would you choose?

---- *Menu* ----

---- *Starter* ----

---- *Main Course* ----

---- *Dessert* ----

---- *Drinks* ----

*Helpful Food Facts
(NHS)*

Aim to eat at least five portions of a variety of fruit and veg each day.

Choose from fresh, frozen, tinned, dried or juiced. Fruit and vegetables are a good source of vitamins, minerals and fibre.

Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too.

Milk and dairy foods such as cheese and yoghurt are good sources of protein. They also contain calcium, which helps keep your bones healthy.

Eggs and pulses (including beans, nuts and seeds) are also great sources of protein.

Try keeping a food diary this week to help you to see where you are eating well, and maybe the times where you are struggling.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				