

Nutrition Month: Dinner is served!!

The importance of a good dinner on our mental health

There is much importance placed on meal-times; breakfast with its ability to kick-start the day and lunch as an opportunity to take a break to re-fuel and re-focus the mind. So what about dinner? Well just as important, dinner has a number of essential functions.

So there are the reasons to eat dinner but remember these too:

- ❖ Don't eat too late in the evening – the longer you wait to eat the more likely you are to overeat as you may be more hungry
- ❖ Try to avoid too many stimulants with your dinner i.e. alcohol, caffeine (coke, coffee, tea, chocolate) as these can prevent you from getting to sleep. If you are sensitive to stimulants leave at least 6 hours between drinking/eating them and sleeping
- ❖ Avoid fatty foods late at night – it's harder to digest and break these down and so may lead to poor quality sleep, especially if you suffer from indigestion.



SWAP YOUR DINNER

1. Fish and chips – for omega 3 boosting salmon fillets with rosemary roasted potatoes.

Essential fats (found in oily fish like salmon, tuna, mackerel and sardine) are so important for the brain – which is 80% fat. Deficiencies are often found in patients with mental health issues, so ensure you are eating at least 3 portions of oily fish per week.



2. Instead of picking up the phone and ordering pizza in trying making your own

Buy a pre-made pizza base and some tomato sauce, then experiment with your own toppings like feta cheese, red onion, chicken, pepper and olives or ham, mushroom and pineapple. Just by adding a few vegetables you can ensure you are boosting your all-important 5 portions a day.

3. Forget a McDonalds; making your own healthy burgers is so easy.

Try mixing 500g turkey mince, 1 small chopped onion, a sprinkle of cumin and an egg. You can then either make them into burgers to serve with a green salad or roll them into meatballs to go with a tomato sauce and spaghetti.

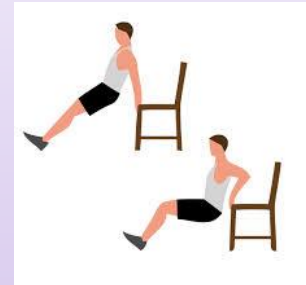


4. Forget frozen pies, instead cook ahead and make a nice stew with lamb, carrots, onion and pearl barley.

Defrost during the day, then re-heat in the evening and accompany with dark, green leafy vegetables like kale and cabbage. They contain magnesium - described as nature's tranquilizer – essential for good sleep and relaxation, as well as being needed for many metabolic functions in the body.



Weekly Challenge: Start with a 5 triceps dips. Add 5-10 dips every day. Work your way up to a 20 triceps dips.



Dip form: Sit with the heels of your hands on the edge of a sturdy chair seat. Slide your butt off the seat, and support your weight with your hands. Bend your elbows back, and slowly lower your butt toward the floor. Keep your elbows tucked in. Your body should just clear the seat. Push back up until your arms are straight; don't use your feet for help.

Trying to get back on track for a healthy lifestyle?

Ask us about our new **Coaching Corner.**

Meet with our coach for a few minutes to help you to get a great jump start towards a healthy lifestyle.

