

# Eat well and feel better!



## Did you know that your physical health can affect your mental health?

Good physical health is linked to:

- a positive mood
- lower levels of stress
- reduced depression and anxiety
- improved concentration
- feeling calm and relaxed.

You can help to take care of your body and mind by eating healthy meals, exercising regularly and getting enough sleep.

### What is healthy eating?

Eating healthy means eating a variety of foods from the five food groups:

1. bread and cereals, including rice, pasta, noodles and dry crackers
2. vegetables
3. fruit
4. dairy foods, including milk, cheese and yoghurt
5. meat (or vegetarian alternatives).

### Simple tips for healthy eating

- aim to eat a range of foods from each of the five food groups
- try to have regular meals throughout the day to keep your energy levels up
- remember to include a variety of vegetables with your main meal
- try wholegrain or rye bread
- drink water, soda water or mineral water - and avoid sugary drinks such as flavoured milk and soft drinks
- be adventurous and try a new, simple, healthy meal once a week!



## Easy meal ideas

- enjoy a warm breakfast with quick oats and sliced banana
- make a lettuce, tomato and low-fat cheese sandwich with multigrain or rye bread
- snack on fruit or yoghurt
- try stir fry beef or chicken with mixed vegetables (use frozen veggies to save time)
- squeeze lime juice into soda water for a refreshing sugar free drink.

## The benefits of healthy eating

When you eat healthy foods:

- it tastes great – do your own taste test and see!
- you sleep well and wake feeling refreshed
- you have more energy and feel alert
- you have an increased sense of wellbeing
- it is easier to stay a healthy weight
- you are less likely to develop problems with your eating patterns
- you may decrease your risk of some diseases e.g. diabetes, heart disease and cancer
- your bowels work better.

## Where can I get help?

Your GP (doctor) can refer you to a Dietitian who can help you with:

- an individual consultation for any food related health issue (e.g. concerns around weight)
- cheap easy meal and snack ideas
- developing healthy, affordable and tasty meal plans that suit you and your lifestyle
- advice on how to tackle your eating habits and ways to meet your new goals
- understanding food labels and help with selecting healthy food products from the supermarket
- more information on other local services such as cooking courses or supermarket tours.

If you feel that you would like to make a change, contact your GP to arrange a consultation with a Dietitian. Dietitians can give you professional advice that suit your needs and will work within your constraints.

Also contact your local council for events, activities and programs in your local area that promote healthy eating.

For more meal ideas see the Fact Sheet on quick healthy snacks.



Let's work together towards  
a **healthy mind and body.**

## For more information

**SA Health**  
**Mental Health Directorate**  
**Office of the Chief Psychiatrist**  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

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