

2. My better eating options

Read the notes on the 'Understanding Food & Mood' page about healthier food choices and eating patterns. Write down a range of healthy breakfast, lunch, supper and snack options to suit your budget.

Breakfast options	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
Lunch options	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
Supper options	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
Snack options	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>Other ideas and notes for better eating habits</p> <div data-bbox="925 1254 1548 1702" style="border: 2px solid orange; border-radius: 50%; padding: 10px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>If you are compromising on food due to money pressures then you might benefit from reading one of the many useful books aimed at students advising on eating well on a budget. If you are truly suffering deprivation then see your campus financial office for advice and possible access to hardship funds.</p> </div>	



3. My food & mood plan

Write an intention statement for how you plan to improve your food choices and eating habits.

Example:

(Breakfast) I will ___ eat breakfast every morning, choosing from my list of healthy choices

(Lunch & snack) I will ___ make myself a healthy sandwich for lunch before I go out to lectures, and also pack a piece of fruit and some nuts for a snack, so that I don't get tempted to buy crisps and chocolate at the Student Union

(Supper) I will ___ plan a cooking rota with my housemates so we take turns to cook a healthy meal to share

(Snack) I will ___ have a milky drink or bowl of cereal as part of my wind down routine before bed

Things I need to change/do to give me the best of chance of sticking to this plan:

___ Plan out my shopping budget and buy the foods I need to make healthy choices

___ Speak to my housemates about the cooking rota

___ Make sure I don't get too rigid about it, and allow myself a few unhealthy choices in moderation, so I don't feel restricted.

My food & mood intention statement:

(Breakfast) I will _____

(Lunch & snack) I will _____

(Supper) I will _____

Things I need to change/do to give me the best of chance of sticking to this plan:

4. Evaluation

Don't set yourself overly rigid expectations – the aim is to make sure you have a generally balanced and healthy diet. It won't always go to plan, but that is not the end of the world. Work on other aspects of your daily routine, like exercise and relaxation strategies, to support the changes you are trying to make in your eating habits. Use the diary to check your progress after a while.

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