

## From mountain to sea



You may have found over the lockdown period; your dietary habits have changed!

As we are indoors for much longer periods of time there is a tendency to snack more.

A cheeky visit to the biscuit drawer, a sneaky chocolate treat through the day, consuming more cups of tea and coffee with sugar and possibly less and less fruit and vegetables are common habits just now.

There are several forms of unhealthy snacking: not eating at regular times throughout the day, is a common cause and emotional eating, which occurs when people use food to cope with emotional triggers including boredom, procrastination, excitement, love, frustration, stress and mild depression. These are all feelings we may be experiencing.

This newsletter will offer some advice on healthy eating and structure to your food consumption.

No foods should be off limits. Although foods high in sugar and saturated fats such as sweets, biscuits, ice cream, microwave meals and cans of fizzy juice should be consumed in moderation.

The Eatwell guide shows us how our daily portions should look:



This guide is good visual tool to help us understand how we should split the different food categories throughout the day.

The [NHS](#) offers advice on the various types of foods found within each section of the chart.

### Breakfast:

Why is breakfast the most important meal of the day?

The most appealing benefit of eating breakfast is that it jumpstarts your metabolism and, thus, helps you burn more calories throughout the day!

### Lunch:

Lunch is vitally important as it is fuelling the body and providing it with energy and nutrients to keep the body and brain working efficiently through the afternoon.

### Dinner:

Dinner is important because the food you eat will sustain your body throughout the night. A proper evening meal can ensure you sleep well and awake refreshed and rested.

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### Meal Structure:

Having a solid structure in place is vital to maintaining a healthy diet. Most people have a structure or routine in place for their work, or had, a routine in place. The time they got up, got dressed and organised by, what time they leave for work, the time of their break at work and the time they finish, likewise with exercise. People tend to have a routine they follow when training. Well this approach should be adopted for our eating habits. A solid structure to daily food intake could look like:

- Breakfast (between 7-9am)
- Mid-morning snack (between 10:30-11am)
- Lunch (between 12:30-1:30pm)
- Mid afternoon snack (between 3-3:30pm)
- Dinner (between 5:30-7pm)
- Evening snack (around 8:30pm)

This structure wont work for everyone but you can see it is set up to allow you to eat something every couple of hours. If the meals and snacks are of good nutritional value this will help stave off those unwanted urges to snack. Your structure would need to be adapted to your personal circumstances, you may work night shift, you may get up earlier to exercise, you may stay up later, there are many factors to consider but giving thought to this will help.

Likewise, plan your meals. If you can prepare your meals in advance, you will not become stuck with what to cook 30 minutes before lunch or dinner time! By planning, you may find your shopping time reduces as does your food bill, because you are entering the store, knowing what you want instead of walking around just picking random foods off the shelves.



### Inspiration:

Ideas for different foods and meals is readily available nowadays via the internet, sometimes though there can be too much information and it becomes overwhelming. Some information can be contradictive, and some may be too complicated to understand. We have selected a few sites with good advice and recipes that may be useful.

[NHS Eatwell](#)

[BBC Good Food](#)

[British Nutrition Foundation](#)

### Contact Details:

If you would like more advice and guidance, I am available please contact me:

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