

## Money Saving Tips



Try own brands or value foods for a week. Maybe you'll discover some foods that you don't need to spend those extra few pounds on.



Make a large dish, like pasta bake, at the beginning of the week then fridge or freeze it and have it for a meal over the next few days.



Love your leftovers! Freeze leftover food and have your own little ready meal when you're in a hurry.



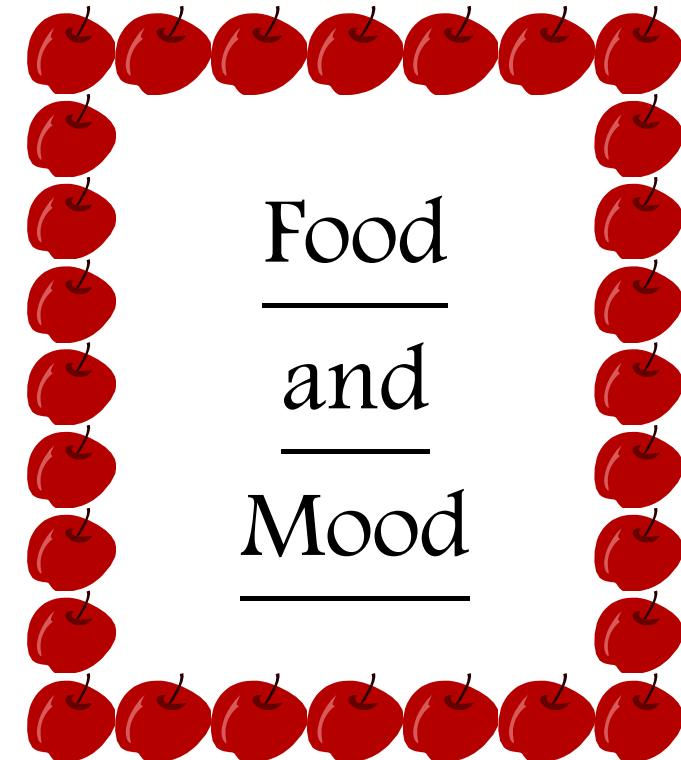
Never shop when you're hungry! You're much more likely to buy food that satisfies your current hunger rather than thinking ahead.



Shop around - take a trip to the market or a low cost supermarket. Compare where is cheaper to get your food from and consider shopping in the evening when lots of food is reduced.

[www.intranet.birmingham.ac.uk/student/wellbeing](http://www.intranet.birmingham.ac.uk/student/wellbeing)

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## Why should I think about my diet?

Making informed decisions about our diet can have a positive impact not only on our physical health but also on how we feel and how well we work....



We need foods high in vitamin C to stay physically well, particularly during periods of stress when our immune system can be lower.

Eat oranges and tomatoes for a boost.



Other foods are good for brain power. Vitamin K, found in broccoli is known to improve cognitive function and oily fish is great for the brain as well as general wellbeing.

## What in your food, affects your mood?

**Tryptophan** - helps make serotonin, known to modulate mood, emotion and sleep.

Eat - bananas, walnuts, turkey, sunflower seeds, milk, eggs, cheese, brown rice, chicken and fish.

**B-Vitamins** - help the body process what it uses to get or make energy from food.

Eat - whole grains (such as wheat and oats), fish and seafood, poultry and meats, eggs, milk, leafy green vegetables, beans and peas.

**Omega-3 fatty acids** - important to your overall health and wellbeing, and notably for nerve and brain function.

Eat - walnuts, flaxseeds and sunflower seeds.

**Magnesium and Zinc** - can help reduce stress, anxiety and depression.

Eat spinach, peppers, broccoli, plain yoghurt, sunflower seeds for magnesium and cheddar cheese, chick peas, baked beans, chicken, mushrooms for zinc.

An illustration of a yogurt container with a wavy top. A speech bubble originates from the container, containing the following text in blue: "We all know breakfast is important, if you don't feel like eating in the morning try something soft like a yoghurt drink or a piece of fruit. Or treat yourself to something you love."

An illustration of a red tomato with a green stem and leaves. A speech bubble originates from the tomato, containing the following text in blue: "Don't eat after 8 o'clock, your body needs time to digest food before you sleep. Avoid caffeine in the evenings too!"

An illustration of a red apple with a small sprout and two leaves. A speech bubble originates from the apple, containing the following text in blue: "Eat regularly to avoid blood sugar levels dropping."