

## Meal Ideas for Optimum Brain Function and a Balanced Mood

### Breakfast

- Porridge (plain rolled oats)- made with milk, ground cinnamon, a teaspoon of honey, crushed flax seeds, half a chopped banana or some raisins.
- All Bran or unsweetened muesli with milk (and slice of toast and peanut butter if desired), and a piece of low GI fruit (eg apple, cherries, grapefruit, pear, orange, peach, plum, kiwi fruit, strawberries, blackberries, raspberries).
- Egg on wholemeal toast served with lean, grilled bacon and/or low-fat sausages/vegetarian sausages and baked beans.
- Kippers with grilled tomatoes, eggs, toast and baked beans.
- Plain yogurt with some oats (soaked in a little fruit juice if desired), topped with blackberries/blueberries or other berries, with crushed flaxseeds mixed in.

### Lunch

- Wholemeal sliced bread, wholemeal wraps or wholemeal pitta bread filled with turkey or chicken salad or tuna and mayonnaise with cucumber, or avocado, tomato and tuna. Salad items including rocket, watercress, baby spinach, red onion, red pepper, cherry tomatoes.
- Soup (aim for a low GI soup, eg containing pulses such as kidney beans, lentils, chickpeas) with a sandwich (as above) or Corn Thins or oatcakes topped with houmous, low-fat spreadable cheese, guacamole, peanut butter, low-fat meat pate, fish pate or vegetarian pate.
- Salad made with any of the following: feta cheese, good quality lean ham, tinned tuna or salmon, smoked salmon strips, hard-boiled eggs, tinned salad beans, cold chicken mixed with houmous, prawns, crayfish tails- with watercress, rocket, baby spinach, couscous, cherry tomatoes, grated carrot, red onion, cucumber, avocado,

olives, raw pepper, sunflower seeds, beetroot (raw- grated or cooked in vinegar), coleslaw. With Extra Virgin olive oil or other oil (eg walnut oil) and cider/wine vinegar.

- Jacket potato- with chilli beef, or baked beans with low-fat cheese eg cottage cheese, and/or ham, or tuna, sweetcorn or cucumber and mayonnaise.
- Eggs on toast with baked beans and slices of good quality lean ham.
- Omelette filled with ham, salad beans, grated low-fat cheese and salad, served with baked beans, if desired.
- Tinned mackerel or sardines on toast, served with salad.

### Snacks

- Oat cakes (eg Nairn's 'finely milled') with scraping of butter and Marmite, or oat cakes/Corn Thins with peanut butter, houmous, Taramasalata, cottage cheese, low-fat pates/vegetarian pates or guacamole.
- Raw vegetable sticks (eg sliced red pepper, carrots, celery, chicory) with houmous.
- Piece of low-fat cheddar cheese and/or slices of ham with fruit (eg apple).
- Plain natural yogurt with a variety of fruit chopped up and stirred in, sprinkled with sunflower seeds.
- Handful of unsalted nuts (eg Brazil nuts, almonds, walnuts, unsalted peanuts, cashew nuts, hazelnuts, soya nuts) and/or seeds (eg sunflower or pumpkin seeds) with a piece of low GI fruit (eg apple, cherries, grapefruit, pear, orange, peach, plum, kiwi fruit, strawberries, blackberries, raspberries).
- High protein nut and seed bar with a yogurt (eg Holland & Barratt '9 Bar' range- contain sunflower seeds, carob topping, cashew nuts, honey, pistachio nuts, hemp seeds, almonds).

## Dinner

- Trout or salmon served with lightly steamed vegetables (eg broccoli, cabbage, leeks, Brussels sprouts, spinach, green beans, courgettes, asparagus).
  - Try oat-encrusted salmon (salmon fillet topped with a mixture of olive oil, mustard and oats, oven-baked), or salmon/trout topped with flaked almonds.
- Dishes made with white fish (eg cod, haddock), chicken, turkey or soya mince/tofu and pulses (eg kidney beans, haricot beans, butter beans etc or chickpeas) in a tomato base (tinned tomatoes or passata) served with steamed vegetables and/or brown rice.
- Wholewheat pasta, adding poultry, meat, fish, seafood, tofu, soya mince, with crumbled feta cheese.
- Stir fries- with a piece of protein such as chicken, turkey or tofu.
- Casseroles- with meat, chicken or fish, adding pulses, served with steamed vegetables and/or brown rice or quinoa.
- Curries, eg chicken curry, adding lentils or chickpeas.
- Oven-roasted vegetables such as aubergine, pepper, courgettes with goat's cheese, mozzarella or feta cheese.
- Chicken breast, new potatoes or mashed sweet potato with green beans and/or other vegetables.
  - **Tip:** lightly steam vegetables to help retain nutrients (aiming for 3 or 4 different ones with the evening meal), served with a piece of protein.
  - **Tip:** try soya beans, eg Bird's Eye- frozen, to eat alongside a couple of steamed vegetables for the evening meal.
  - **Tip:** try mashed sweet potato (or homemade chunky sweet potato chips), or mashed celeriac as nutritious, lower GI alternatives to mashed or boiled potato.