

# Nutrition and Wellbeing



Keep hydrated throughout the day: little and often, rather than periods of drought and excess

Don't beat yourself up. We're human; not elite athletes. Aim for the 80/20 rule so that your diet is mostly healthy, with treats thrown in for good measure



It's an old wives tale that coffee dehydrates you! Coffee counts towards your daily drinking goals

Alcohol acts as a stimulant and a depressant. It's a big part of our culture, but be intentional with your consumption (and aware that it can hinder your sleep)



Do an online diet assessment to see what nutrients you might be lacking in. Figure this out before turning to supplements

Be mindful about what you put into your body. What makes you feel great, happy and healthy? Balance is key



Fermented foods and dairy (kimchi, sauerkraut and yoghurt) are all natural probiotics – which are great for our gut health

As we age, a good diet – and balanced nutrition – can help us to minimise cognitive decline



Stress, environmental factors, illness and antibiotics can all affect our gut microbiota: it's constantly changing, so mix up your diet

Omega 3, B-vitamins, Calcium, Zinc, Selenium, and vitamins C, D and E are all essential for brain and body healthy. Eat them or supplement them: just don't go without them

