

Healthy Eating

What you eat can affect how you feel. Try following the below tips to improve your eating habits. You can also use the eating diary to keep track of your eating patterns and help you recognise some necessary changes.

Eating Tips:

- Aim to eat a well-balanced diet including 5 portions of fruit and vegetables each day.
- Cut down on sugary snacks
- Try to cut out adding salt to your food, especially as there is a high salt content in many of the foods we buy anyway.
- Eat reasonable portions, taking time after your meal before going for second helpings! You may not need it if you wait.
- Replace sugary or fizzy drinks with water.
- Limit your caffeine intake by having no more than three caffeinated drinks in a day. Caffeine can increase anxiety.
- Stick to drinking alcohol moderately. Women - 14 units : Men – 21 units
- Cut out smoking

Eating Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-Morning Snack							
Lunch							
Mid-Afternoon Snack							
Dinner							
Supper/Snack							

Information about non-epileptic attacks and non-epileptic attack disorder:
www.nonepilepticattacks.info/