DUMP THE
3PM SLUMP

Enhance your energy, mood, and overall wellbeing through great nutrition.

Emma Harvey, dietitian from Fuel Your Life, is our guest expert this month who shares insights on how to effectively fuel your body and mind.

Nutrition plays a powerful role in uplifting your mood and managing stress, and Emma highlighted specific foods to incorporate into your diet to boost your mood and reduce stress. "Variety is key to combating the effects of stress hormones like cortisol," she noted, which can increase hunger and lead to poor food choices. Here are her top recommendations:

SLOW-DIGESTING CARBOHYDRATES:
Opt for wholegrain bread, rice, starchy vegetables, fruit, yoghurt, and legumes to provide a steady release of energy and stabilise mood.

AMINO ACIDS:
Found in eggs, lean meat, poultry, seafood, dairy products, and legumes, these amino acids support serotonin production, the 'feel-good' neurotransmitter.

OMEGA-3 AND OMEGA-6 FATTY ACIDS:
Include oily fish, seeds, nuts, and seaweed to reduce inflammation and enhance mental well-being.

MICRONUTRIENTS:
Boost your intake of prebiotic fibre (wholegrains, fruits, vegetables, beans), Vitamin D (sunlight, mushrooms), and folate (spinach, chickpeas) to support a balanced mood and lower stress levels.

Remember, regular eating prevents the dreaded 3pm slump, often a sign of low blood glucose, and supports focus throughout your day. By aligning your meal frequency with your personal goals, you can maintain that steady energy to power through the day.

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