

Good mood foods.

It is likely that we will all be feeling increased levels of anxiety or stress during this extraordinary period. As the majority of our serotonin (a feel good hormone) is found in the gut, it's likely that what we choose to eat will have implications for our mental state, so it is really important to fuel your body with the right nutrition to support you both mentally and physically. This guide helps you to understand the nutrients you need, and the food sources they are found in.



Potassium

What does it do? Potassium is a natural muscle relaxant that helps to regulate blood pressure, ease anxiety and promote relaxation.

Good food sources: Bananas, avocado, potatoes, citrus fruits, leafy greens, legumes.

How to incorporate: Spending more time at home is the perfect opportunity to knock up a banana bread. Or simply add mashed avocado to toast or beans to a warming chilli or jacket potato to optimise your potassium intake.

Magnesium

What does it do? Magnesium helps regulate the nervous system, minimising feelings of restlessness and anxiety. It may also promote improved sleep quality and help alleviate aches, pains and muscle tension.

Good food sources: Dark chocolate, seeds, nuts, wholegrain bread, beans, lentils.

How to incorporate: Enjoy a relaxing bath with Epsom salts to naturally boost your magnesium levels. Opt for dark chocolate, nuts or seeds for a magnesium-rich snack to keep you going between meals.

Selenium

What does it do? There is some evidence to suggest that selenium may help to reduce oxidative damage associated with depression. Interestingly, deficiency has been observed in individuals suffering from depression.

Good food sources: Brazil nuts, prawns, eggs, tuna, pork, beef, chicken.

How to incorporate: Need a quick mid-afternoon pick me up? Just three Brazil nuts is sufficient to provide you with your daily recommended selenium intake. Alternatively, add prawns to a stir fry, tuna to salad or poached eggs to toast.

L-tryptophan

What does it do? L-tryptophan is an amino acid commonly found in protein sources, converted into serotonin (known as the feel good hormone) in the brain. Serotonin is also sleep-regulating, which may help to establish a sense of calm and improve both sleep duration and quality. Many protein sources also boost your norepinephrine levels, a neurotransmitter which may help improve concentration and cognitive function.

Good food sources: Chicken, fish, eggs, seeds, nuts.

How to incorporate: Try to ensure that you always add a source of protein to your meals to top up your tryptophan levels. Combine with a source of complex carbohydrate to promote serotonin uptake in the brain. Complex carbohydrates are also an excellent source of B vitamins, the levels of which can become depleted during periods of stress. Add chicken pieces to a sandwich, stir an egg into rice or add a spoon of Greek yogurt or peanut butter to your breakfast cereal or wholemeal toast.

Advice
from expert
nutritionists.

All AIG Life customers have access
to the Smart Health Nutrition
Consultation service.

Consultations with expert nutritionists are available free of charge via phone or video call. During the call, you can ask the specialists any questions you have about nutrition and dietary habits. They'll provide you with a personalised plan, including meal plans and weekly menus, all to help and support you in reaching your nutritional goals.



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To book your consultation visit:
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