

Eating Healthy & Wellbeing

Eating a healthy well balanced diet helps us not only look and feel good but it will also affect how well you are able to stay focused and concentrate. The benefits of a healthy lifestyle improve the individual's energy and available stamina, improves sleep regulation and has a positive impact on your mood and overall well-being.

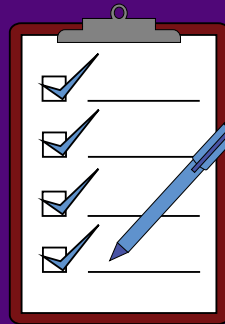
Top tips for healthy eating and food shopping on a student budget:



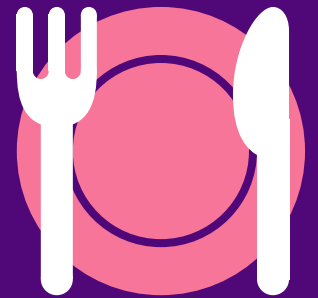
Plan your meals for the week



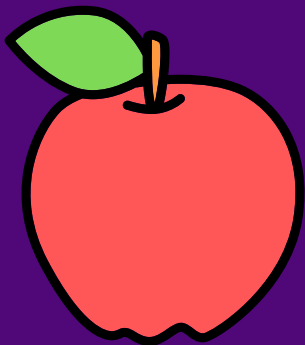
Vary the foods you buy



Make a shopping list before food shopping



Don't food shop when you're hungry



Try different foods



Make sure to prepare your lunches in advance



Remember your 5 fruit and veg a day



Cook big portions so your leftover can be frozen in the freezer