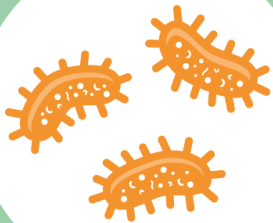


# Staying Healthy and Happy with Food!

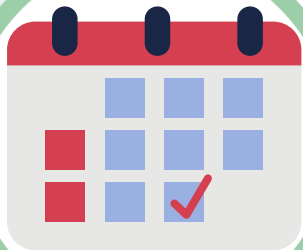


## BOOSTING YOUR IMMUNE SYSTEM

A robust and properly functioning immune system can be pivotal in helping you go about daily life, as you come into contact with potential germs and bugs from other people, and even your environment. Boosting your immune system, through eating healthy and nutritious foods such as yogurt, nuts, fruits, veg, ginger and garlic (just to name a few!) can help fight off and keep those nasty, unwanted colds, flus, infections and illnesses away. Remember, a healthy body is a happy body!

## A COLOURFUL PLATE

Unexpected changes to our lifestyle or routine can sometimes see our diet move down our list of priorities. It's important that we fuel our bodies with the nutrients it needs to perform well by maintaining healthy eating habits. A colourful plate is a healthy plate - with fruits, vegetables, and proteins being great sources of vitamins and minerals, proven to help maintain a healthy gut. Staying healthy will lift our mood, energy and performance - and is invaluable to helping us feel less tired, emotionally well and more satisfied.



## PLAN MEALS IN ADVANCE

Planning your meals in advance is key to staying on track and maintaining a healthy lifestyle. Having your week planned out can help to avoid unnecessary snacking between meals and look for the easy-to-reach takeaway dinners! Preparing your food the night before, or even cooking extra portions, can help you feel organised, fulfilled and motivated the next day. It's convenient, cheap, healthy, and even better a great de-stressor!

## HEALTHY EATING & BRAIN FUNCTION

It's hugely important that our brain is functioning clearly in order to successfully carry out our daily roles and responsibilities both at work, and at home. Eating healthy, nutritious and wholesome foods every day can increase our performance, enable us to work sharper and feel less frustrated - exactly what we need to get through a busy day whilst working, taking care of the kids and carrying out jobs around the house and garden!



References:  
<https://www.independent.co.uk/life-style/>  
<https://www.nhs.uk/live-well/eat-well/>

01902 371 000 [www.paycare.org](http://www.paycare.org)

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