

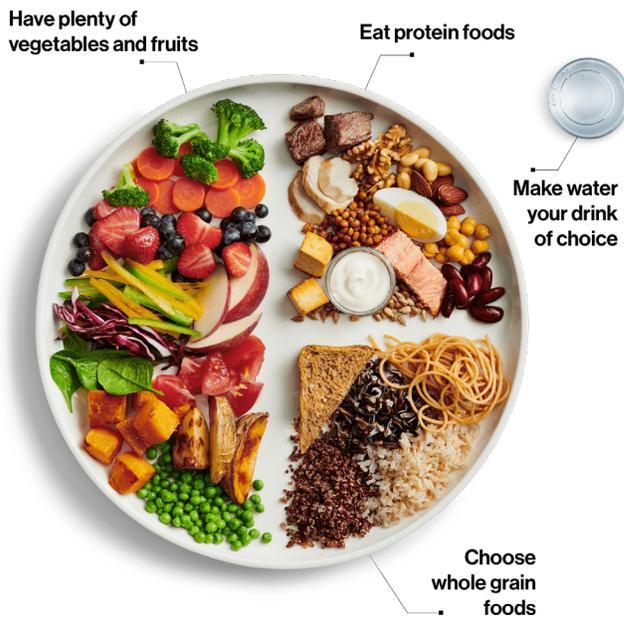
Everyone has days when they feel their best and days when they feel down. Your mood is impacted by many different things, such as sleep and stress, but a few small changes to your diet may help you feel your best.

Eat often

To keep your brain fueled and blood sugar stable, eat meals and snacks at regular times each day. Have breakfast, lunch and supper every day and include snacks if needed. Not eating enough can leave you feeling tired and irritable.

Fuel Your Brain

Feeding your body and brain with a variety of foods is an important part of feeling well. Aim to include a variety of foods in your meals each week. Plan meals using Canada's Food Guide. Try to fill half your plate with vegetables, a quarter of your plate with whole grains, and the other quarter with protein-rich foods.



Caffeine Lover?

Drinking too much caffeine from coffee, tea, pop or energy drinks can affect your mood and may cause irritability, nervousness and difficulty sleeping. Health Canada recommends limiting caffeine to no more than 400 mg each day. This is about 3 cups of coffee. If you drink more than this, try cutting back by enjoying water or switching to decaffeinated coffee or tea.

Featured Food

Fish

Fish is quick cooking and can add healthy protein to your plate in just a few minutes. Try adding it to your meals a couple of times each week!

- Fresh, frozen and canned fish are all good choices.
- At 400°F, fresh fish only needs about 10 minutes of cooking time per inch of thickness.
- Fatty fish have healthy omega-3 fat. Find it in salmon, mackerel, arctic char, sardines, herring and trout.
- Try these simple ways to enjoy fish on your plate:
 - Top a salad with leftover trout.
 - Make haddock tacos.
 - Have a canned salmon or tuna sandwich.
 - Try sardines on whole grain crackers.

Almond Crusted Trout

Serves 2

Ingredients:

¾ cup	Almonds, ground
To taste	Salt and pepper
Pinch	Cayenne pepper
1 tbsp	Parsley, chopped
300 g	Trout fillets
¼ cup	Flour
1 Large	Egg, beaten
2 tbsp	Milk
2 tbsp	Canola oil
2	Lemon wedges for garnish

Directions:

1. Combine almonds, salt, pepper, cayenne and parsley on a plate.
2. Place flour on another plate.
3. Coat the trout in flour.
4. Beat egg with milk in a bowl. Dip trout in egg mixture and then coat in almond mixture.
5. Heat oil in a large non-stick pan over medium heat. Cook fish for 3-4 minutes per side, or until it flakes easily with a fork.
6. Garnish with lemon wedges and serve.

Nutrition Information per Serving:

Calories	561
Fat	39 grams
Carbohydrate	16 grams
Fibre	2 grams
Protein	38 grams
Sodium	82 milligrams

Did you know?

If you don't eat fatty fish, you can get omega-3 fat from walnuts, flax, chia, hemp and pumpkin seeds.

In Your Kitchen

Try these easy meal ideas when you don't have the energy to cook:

- Whole grain toast, peanut butter and banana
- Cheese, crackers and fruit
- Hummus, pita and vegetables
- A bowl of cereal with milk and fruit



Ask a Sobeys Dietitian

Q: When I'm feeling stressed or upset, I don't feel like eating. Is it ok if I skip meals?

A: When you don't feel like yourself, food might be the last thing on your mind. Remember that eating something is better than not eating at all. For example, eating a granola bar and yogurt for lunch is better than skipping it altogether.



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