



BRAIN POTENTIAL
Leadership Powered by Neuroscience

Fruit & Vegetables Boost Mental Health

Improving and maintaining the wellbeing of yourself and your team, through prioritising self care and harnessing brain potential, is crucial for high performing leaders.

Recent research which followed many thousands of people across seven years has found that people who eat more fruit and vegetables have a better state of mind.

Eating just one extra portion of fruit and vegetables per day is enough to measurably improve mental well-being and has the same positive effect as going for a walk on 8 extra days a month.

Only around one-in-ten people eat the recommended amount of fruit and vegetables. The recommended amount is 'five-a-day' guidelines or around 2 cups per day of fruit and 2 to 3 cups per day of vegetables.

There appears to be accumulating evidence for the psychological benefits of fruits and vegetables. Encouraging better dietary habits may not just be beneficial to physical health in the long run but may also improve mental well-being in the shorter term.

We should attempt to increase our consumption of fruit and vegetable to adhere to national standards. There are significant mental well-being benefits, in addition to physical health benefits, one may be able to achieve by simply increasing fruit and vegetable consumption, with the positive effects for mental well-being accruing relatively rapidly.

Nutrition 101 advises that eating well doesn't have to be complicated or confusing. Understanding the building blocks of food and calculating the energy your body needs is a great place to start. Tell the difference between fact and fiction when it comes to food.

Take the quiz & bust some of the most common nutrition myths.

<https://www.healthier.qld.gov.au/food/>