



**SLEAFORD**  
QUALITY FOODS

# 2022 Food Trends & Health & Wellbeing







# Health & Wellbeing

Every year after Christmas we promise ourselves the New Year will mean a new healthy me, but do we follow through? Do we give ourselves a healthier lifestyle, food, drink, exercise and are we more kind to ourselves?

Start the ball rolling with a brief plan, keep a food diary, share meal ideas with friends and family and maybe get your children involved too!

Taking care of yourself:

- We can often put a lot of pressure on ourselves to eat a healthy diet, but it's also important to enjoy the food you eat, not to be too hard on yourself and achieve the right balance.

Remember that other factors can help improve your mental health too, these include:

- Getting physically active (especially outdoors to boost your vitamin D levels), reducing the daily chaos in your mind.
- Getting enough sleep – find out how much sleep is enough for you, create a relaxing evening routine to enable a zen atmosphere before lights out.
- Maintaining good relationships
- Limiting your amount of alcohol intake.





**New Year, New Habits**





# Immune health will remain top of mind for consumers in 2022

There are several products that can promote calm, relaxation, and stress reduction; the past two years have been anything but stable and peaceful, so ingredients reported to help with anxiety and stress will be popular.

Look for melatonin, L-theanine, magnesium, and botanicals such as lavender, ashwagandha, valerian, and chamomile.

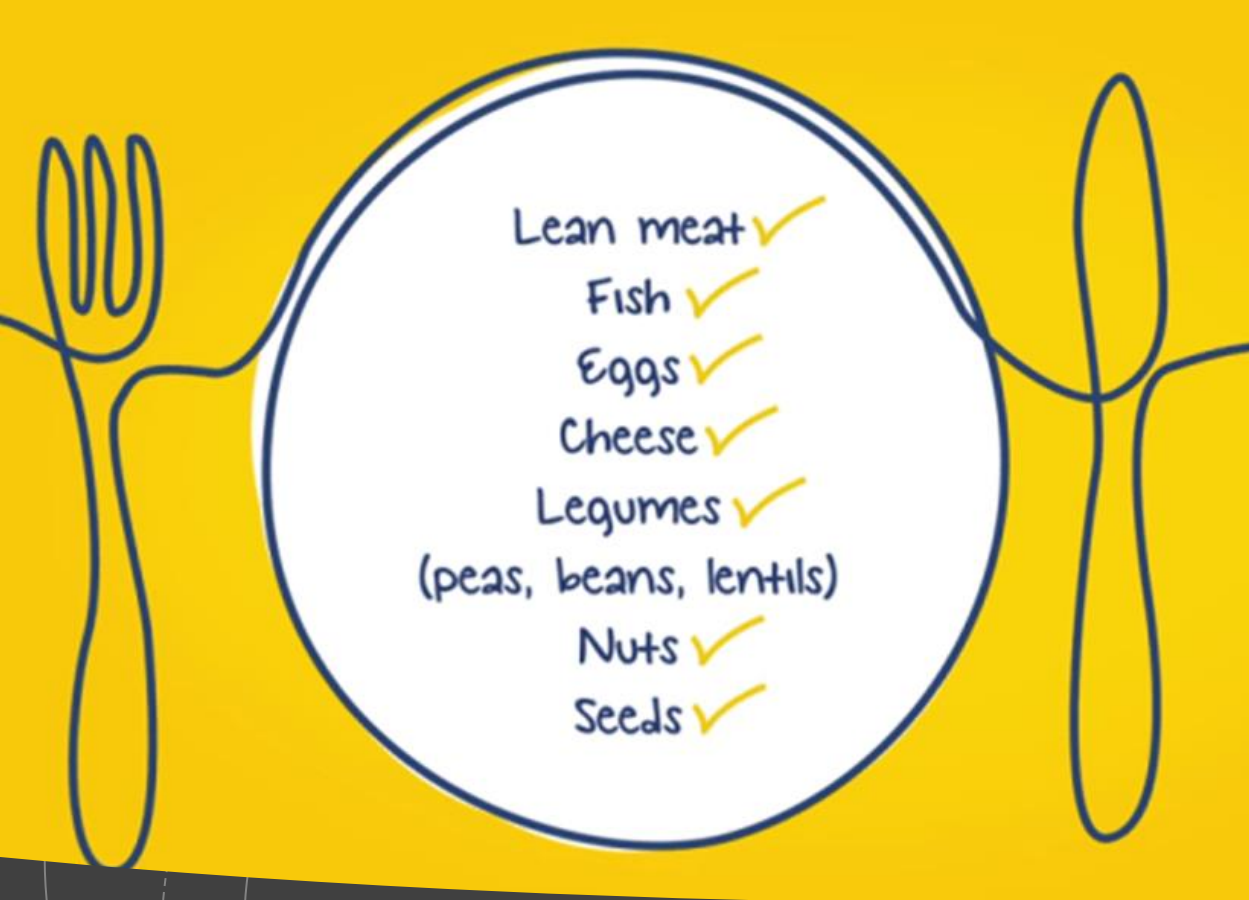






# A Day!

- It is important to ensure you eat your five a day, create a daily or weekly meal plan and add the beautiful rainbow to your diet.
  - These contain important minerals, vitamins and fibre, which is good for your physical health – but evidence shows that getting your ‘5 a day’ is important for good mental health too!
- Foods that contain vitamin B6, such as bananas and spinach, build serotonin levels which helps improve your mood and make you feel happier. Fruit and vegetables such as tomatoes, mushrooms and bananas all contain high levels of potassium which is essential for your whole nervous system, including your brain.

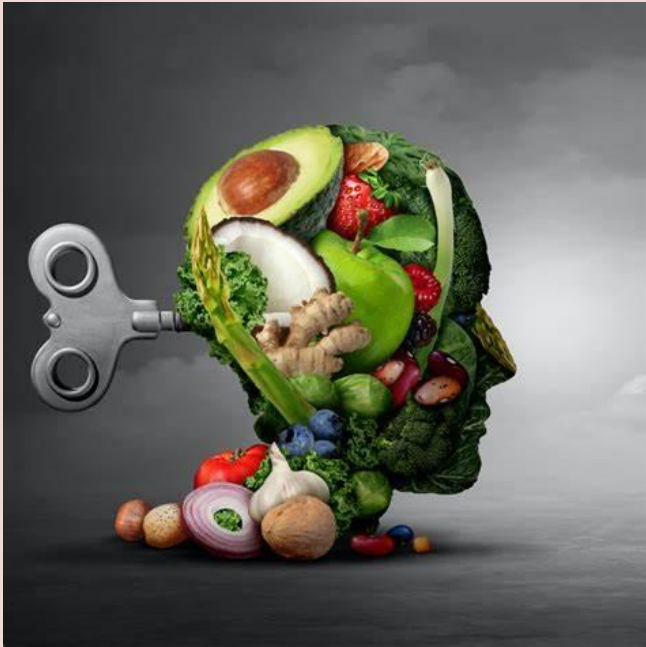


Protein contains amino acids which make up the chemicals your brain needs to regulate your thoughts and feelings. It also helps control your blood sugar levels. **Protein** is in lean meat, fish, eggs, cheese, legumes (peas, beans and lentils), soya products, nuts and seeds.

Use the Eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



There are several explanations for the cause-and-effect relationship between food and mood. The following are some examples:



- Fluctuations in blood sugar levels are associated with changes in mood and energy and are affected by what we eat.
- Brain chemicals (neurotransmitters, such as serotonin, dopamine and acetylcholine) influence the way we think, feel and behave. They can be affected by what we've eaten.
- There can be abnormal reactions to artificial chemicals in foods, such as artificial colorings and flavourings.
- There are reactions that can be due to the deficiency of an enzyme needed to digest a food. Lactase, for instance, is needed to digest lactose (milk sugar); without it, a milk intolerance can build up.
- People can become hypersensitive to foods. This can cause what are known as delayed or hidden food allergies or sensitivities.
- Low levels of vitamins, minerals and essential fatty acids can affect mental health, with some symptoms associated with nutritional deficiencies. For example, links have been demonstrated between low levels of certain B-vitamins and symptoms of schizophrenia, low levels of the mineral zinc and eating disorders, and low levels of omega-3 oils and depression.

# Hydration



## BENEFITS OF STAYING HYDRATED



- One of the most important things to be mindful about when considering how food and drink affects our mental health is that being dehydrated can negatively impact on our ability to concentrate and think clearly.
- Although a lot of the water we need comes from the food we eat, we should drink at least an additional **two pints of water** a day to ensure we are properly hydrated.
- **Suggestions** include water, herbal or fruit teas and diluted fruit juices.
- **Drinks** that don't hydrate you very well include regular tea or coffee, sugary drinks and alcohol – as all of these increase your need to go to the toilet, where fluid is lost



# Hints and tips to stay hydrated

- Fruits and vegetables are great sources of water. Eat these daily to stay hydrated and maintain your health and wellbeing.
- Keep a water bottle handy to encourage you to drink water wherever and whenever you can.
- Remember to drink more when you exercise or spend time in hot environments.
- Set reminders on your phone, watch or email to drink a glass of water regularly.
- Add a slice of lemon, lime and/or basil to your water to give it some extra flavour.

hydrate   
feel great

Tap into a healthier lifestyle





# What's inside

Every sachet of Magicleaf VitaUp consists of



**Stevia:** 100% natural  
Sweetener with  
zero calories &  
zero carbs



**Orange:** Natural source of  
vitamin C that  
boosts immunity,  
aids digestion and  
supports weight loss



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## Flavour boosters

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- Ginger and turmeric blend
- Beetroot & mint
- Ginger & Lemon
- Coriander seed and cardamom
- Pumpkin pie Spice
- Carrot & Coriander
- Apple & Cinnamon
- Vanilla & Mixed Spice



# Benefits

- Crunchy Coatings to be used as inclusions/toppers in yoghurts, smoothies, salads, pasta dishes
- Adding texture to soft foods
- Adding natural macro/micronutrients





# Beetroot

**Beetroot is an excellent source of:**

Folate  
Manganese  
Vitamin C  
Vitamin A  
Potassium





# Superfood