

Wow, 2025 feels like its whizzing by already! Talking of things going quickly, this month we are talking about cars. That might sound a bit strange coming from a food education charity, but bear with us whilst we explain...

For many people who have a vehicle, you'll understand just how important they are to you and your family. They're vital in getting you from A to B, whether that's driving the kids to school, doing the food shop or going on holiday, our cars are something we value to keep doing the things we need to do.

Chances are this means you look after your car, even if it is a bit old or worn on the outside. You fill it with fuel and get it MOT'd each year so it runs safely and smoothly. At Project Food, we had a brainwave- why don't we look after our bodies like we do our precious cars, after all we can't go out and buy a new one...

Read on to find out more to remind yourself to book your mind and body MOT this month.



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Your heart is your engine

Avoid too much salt, sugar and fat in your foods to look after your heart by preventing high blood pressure.

High blood pressure makes your heart work harder, and can mean it gets worn out more quickly and could put you at risk



Your tummy is your fuel tank

You wouldn't put diesel in your petrol car...so try to eat food that give you the right energy. The best energy sources come from starchy, wholegrain carbohydrates like brown pasta, rice and wholewheat. They give you a steady release of energy that lasts longer than white varieties- keeping you fuller for longer.

Your eyes are your car lights

Look after your eyes and sight health by eating fruits and vegetables with plenty of Beta-carotene to help you see in the dark, just like your car lights do. You cannot change your eyes like you do the bulbs in your car, so it is important to look after your vision for as long as possible.

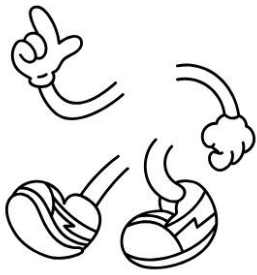
Beta-carotene fruits and veg are usually red, yellow and orange in colour, like peppers, tomatoes, carrots and sweet potatoes.



Your brain is your steering wheel

Your brain controls what you do and how you move, just like the steering wheel in your car.

To take good care of your brain, aim to include foods like protein from lean meats and fish to look after the brain itself. Oily fish is great for making brain messages which help to



Your arms and legs are your tyres

You need good tyres to keep you running safely and smoothly on the road. Aim to look after your arms, legs and joints to keep you moving and able to exercise comfortably. This can include steady exercises like walking, yoga and stretching to improve joint health as well as faster exercises like jogging, running and playing football to look after heart health.

Mind and Body MOT check-list

- ☑ Top up your fluids. Aim to keep hydrated throughout the day with no-added sugar diluted squash or water.
- ☑ Refuel before you run out – try not to skip meals. Having 3 regular meals per day can mean less snacking and more steady energy levels across the day. Skipping meals can leave you very low on energy, you might feel irritable and more likely to snack high sugar and high fat foods to gain quick energy, these usually do not leave you fuelled for long and often have very little nutritional goodness.
- ☑ Eat foods that will give you enough energy to power you across the day – choose wholegrain options for longer lasting energy.
- ☑ Annual MOTs – keep up to date with hearing, vision and dental check ups to look after parts of your health where you may need an expert opinion.
- ☑ Ask for help if something breaks down – Speak with a medical professional if you feel like parts of your body are not working as well as they normally do for you.
- ☑ Recognise wear and tear – look after your physical and mental health by getting enough sleep, exercising for strong muscles and eating healthier food choices to give you power.

If you want to know what's on at Project Food to help to look after your mind and body health, please either ring us on 01297 631782 or visit our website at www.project-food.org.uk.