

# Food and mood

## Did you know that you can change your eating habits to feel happier?

Many factors influence our mood and mental health. Many of these we have no control over, however we know that the food you eat can influence your mental health.

A few simple dietary changes might reduce the progression, or in some cases even prevent, some of the most common mental disorders - such as anxiety and depression.

When talking about food and mood, the relationship doesn't start in your brain, it starts in your gut. The balance of good gut bacteria to bad gut bacteria is what appears to influence your mental health.

## How do we improve the health of our gut to improve our mood?

It's not about what you remove from your diet, but what you add to it.

A Mediterranean style diet ticks all the boxes for a healthy gut and happy mind.

- High in plant-based foods.
- Moderate levels of quality proteins.
- Low in processed foods.

## How can you eat a Mediterranean style diet on a budget?

- Frozen and tinned vegetables are a great cost-effective option. They are just as nutritious and can have higher levels of vitamins and minerals Vs fresh.
- Use frozen and tinned veg for by adding them to stir fries, frittatas, slices, curries, pasta dishes and salads.
- Opt for the salt reduced varieties, as the salt content can quickly add up.

