

Nutrition and your mood

Things have been difficult during the pandemic. So, we've put together this advice to help you take steps to look after your wellbeing whether you're working at home, in the office, or transitioning back to the workplace.

What we eat has a profound impact on not only our physical health, but our mental health as well.

The gut-brain connection is very powerful and around 90-95% of our serotonin, our happy feel-good neurotransmitter, is actually produced in the gut! Here are some tips on what to eat to optimise your mood:

- Minimise processed and inflammatory foods including white flour, chips, fried foods, processed meats, and foods with high sugar
- Increase plant-based foods, which are filled with antioxidants, vitamins, and phytonutrients
- Eat more fruits and vegetables
- Increase fiber. Fiber actually feeds the healthy bacteria in your gut! Some high fiber foods are beans, whole grains, oats, chia seeds, apples, almonds and broccoli
- Increase healthy omega 3 fatty acids from foods like wild salmon
- Use more herbs and spices in cooking
- Minimise inflammatory vegetable oils and instead opt for olive oil or avocado oil
- Incorporate probiotic rich foods such as cheddar cheese, low sugar yogurt, sauerkraut, and pickles
- Increase your water intake and stay hydrated
- Minimise caffeine and alcohol
- Avoid artificial sweeteners
- Protein provides amino acids, which are essential for a healthy mind and body. Increase plant-based protein from sources like tofu, edamame, lentils, quinoa, almonds, nuts and pumpkin seeds



Talk to your GP about recommendations specific to you.