

Food and mood

Our mind, body and spirit benefit from eating healthy food during times of uncertainty and stress. There is a connection between our brain and gut, meaning the foods we eat impact our mental health.

Here's 5 ways food can look after your wellbeing

- 1** Eating a rainbow of fruit and vegetables provides energy and can prevent and improve feelings of depression and anxiety
- 2** Healthy fats such as the ones found in extra virgin olive oil, salmon, tuna, nuts and seeds, help with concentration, memory and feeling good
- 3** Fermented foods such as yoghurt, kefir, sauerkraut, kimchi, miso paste and tempeh, help to increase the number of good bacteria in our gut which supports a healthy mind
- 4** eating healthy snacks such as fresh fruit, veggie-based dips (hummus, beetroot, tzatziki) with crackers, nuts and seeds or a boiled egg, can improve your mood and motivation
- 5** Slow and mindful eating prevents over-eating and benefits our mental wellbeing, especially while we're feeling stuck at home



TIP

Don't forget to combine this advice with getting out into the sunshine, trying some exercise, getting a good night's sleep or playing music instead of watching TV while you eat. It all helps to keep your wellbeing in check during COVID-19.

This is quick healthy recipe can be made for breakfast, lunch or dinner! The variety of veggies will fill you up and keep you feeling good.

SCRAMBLED EGGS AND VEGGIES

Serves 2

Ingredients

- ½ zucchini, sliced
- ½ capsicum, deseeded and chopped
- 6 mushrooms, quartered
- Optional: leafy greens e.g. silverbeet, spinach, kale, roughly chopped
- 1 garlic clove, chopped or minced
- 4 eggs, lightly beaten
- spices to your liking, pepper, cumin, chili
- 2 tbsp extra virgin olive oil
- Multigrain/wholemeal bread or toast for serving



Image: foodandmoodcentre.com.au

Method

1. Pour oil into frying pan over medium heat.
2. Add veggies and garlic. Spread evenly across the pan. Add ½ cup water, put the lid on, cook for 5 minutes.
3. Push veggies to one side of the pan and pour in egg. Stir through spices and herbs.
4. With the lid on, cook for a few minutes.
5. Once egg is cooked to your liking, turn off the heat and serve with grainy bread. Enjoy!