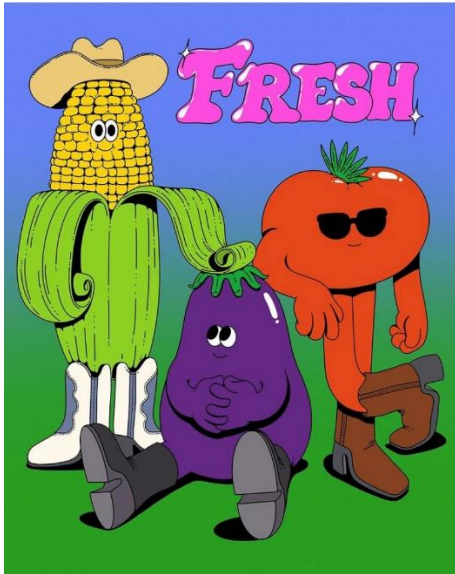


Eating Nutritionally



When you think of improving or maintaining a healthy wellbeing you may not think about changing the food you eat. But there is a strong link between what we eat and how we feel.

We know that a poor diet can make you feel sluggish, low and increase symptoms of depression and anxiety. But now we are seeing a healthy diet with a variety of *fruit, veggies, nuts and wholegrains*, can actually improve your wellbeing.

So how is food and mood related?

Your GUT HEALTH affects your MENTAL HEALTH

-  Your gut and your brain are in constant two-way communication.
-  Your gut microbiome creates neurotransmitters to regulate brain activity, calm anxiety and boost your mood.
-  Imbalances in gut bacteria have been linked to anxiety, depression and other mood disorders.

KERRI AXELROD WELLNESS
BRAIN FOOD SERIES

Eating a diet that is well-rounded and nutrient-rich can help to improve mood, increase energy levels and help you think clearer. When we don't have enough energy for the brain, we can feel weak, tired and unable to think clearly. *Wholegrains, fruits, vegetables, legumes and lower fatty dairy* are all food groups that increase brain function which can give your wellbeing a lift.

Exploring different recipes and ways other people are putting healthy ingredients into their cooking are good ways to implement healthy foods into your life. We have provided a few healthy food blogs below – these blogs have free and easy recipes you can use in your day-to-day life.

Here is a rough meal plan that incorporates all the nutrients you need to include in your diet – There are more plans through the link you could work off as well: <https://www.eatforhealth.gov.au/eating-well/tips-eating-well/meal-planning>

Here are a bunch of different food blogs that you can get yummy, healthy recipe ideas from!



Sprouted – a blog that provides you with a heap of healthy recipes:

<https://www.sproutedkitchen.com/>

My New Roots – More healthy, yummy recipes:

<https://www.mynewroots.org/site/recipes/>

Happy Yolks – More recipes:

<http://happyolks.com/recipe-index/>

Naturally Ella – Seasonal recipes:

<https://naturallyella.com/>

A couple cooks - more recipes:

<https://www.acouplecooks.com/>

Resources that explain the link between your wellbeing and what you eat & information about the different foods you should start eating.

Information about nutrition and mental health:

<https://www.nutritionist-resource.org.uk/articles/nutrition-and-mental-health.html#dehydrationanxiety>

Headspace - What you put into your body can affect how you feel:

<https://headspace.org.au/blog/the-best-foods-for-mental-health/>

6 Steps to Create Long Term Healthy Habits:

<https://nutritionaustralia.org/division/nsw/healthy-habits/>