



Thought

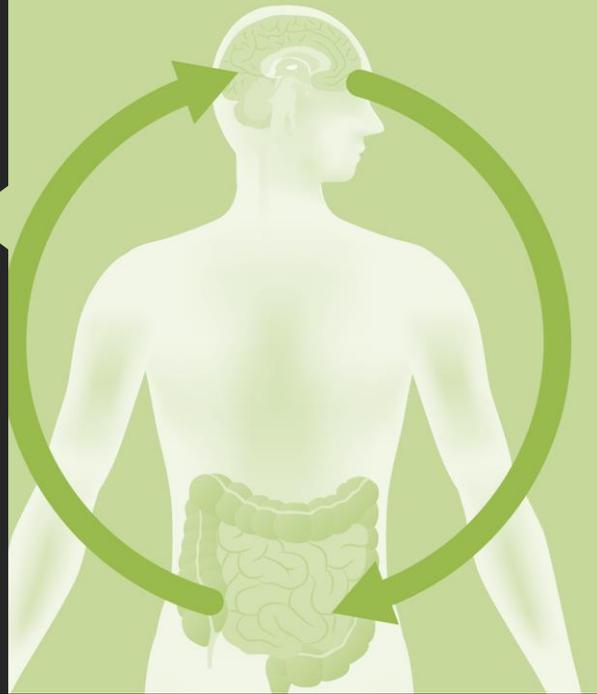
for

Food for thought
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It's a Chicken and Egg Balance!!

- What you eat directly affects the structure and function of your brain and ultimately your mood.
- More than 90% of your serotonin receptors are located in the gut.
- Low levels of serotonin in the brain may cause anxiety, depression and problems with sleep.
- Since your gut bacteria are involved in determining the amount of the “feel-good” hormone (serotonin) that is made, you need to make sure that you keep them well-nourished as well.



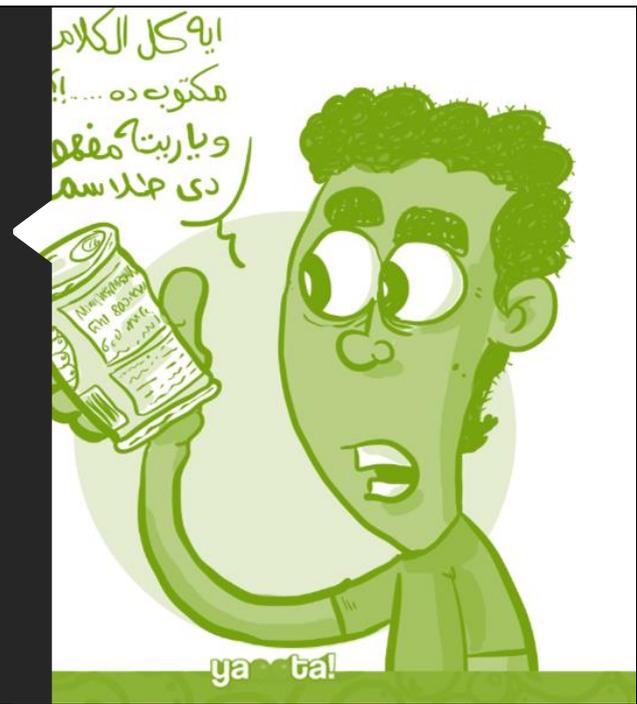
Prebiotics

- Apple skins, onions, garlic, leeks, asparagus, banana, chicory and artichoke are some of the foods that encourage the “good” bacteria we need in our gut, as they act as food for the friendly bacteria in our gut!
- Pearl barley, oatflakes and granola are other foods that are good for gut health.
- Basically the gut bugs love the by-products from breaking down fibre



How much fibre?

- Adults are recommended to get around 30g of dietary fibre each day for the general health benefits.
- However, the latest figures suggest that in the UK, the average fibre intake for adults is around 18g, 60% of what it should be.
- On a label – look for 6g per 100g.....or add up your portions over the day!



PROBIOTICS

- These are *live beneficial bacteria* found in foods like live yogurt, sauerkraut, and others like pickles.
- They support the growth of your gut community!
- Kefir, a milk drink that has been fermented using kefir grains, is an especially potent source of probiotics. Kefir is thought to contain good bacteria in high doses – more than 50 different types of bacteria can be found in kefir.
- Start off with only a teaspoon of Kefir a day – you can add it to yoghurt or mix some fruit with it – it is good to support your gut health.
- Probiotics are also available in pill form.



Serotonin & Tryptophan

- Feel good factor neurotransmitter
- 90% stored in gut and made out of Tryptophan.

Tryptophan Rich Foods:

- Bananas
- Beans, such as chickpeas, kidney, pinto, and black beans, peanuts (peanut butter)
- Eggs
- Leafy greens
- Nuts and seeds
- Oily, fatty fish, such as salmon, tuna, and mackerel
- Probiotic/fermented foods, such as kefir, yogurt, and tofu
- Turkey

- Interestingly, Magnesium and B vits are amongst co-factors needed to convert to serotonin – **need a wholegrain diet**



Tryptophan Rich Meals – marry with a Slow Release Carb

- Porridge with oat or soya milk, scrambled eggs
- Baked potato with cottage cheese or tuna and salad
- Chicken or turkey breast with potatoes au gratin and green beans
- Wholewheat spaghetti with meat , bean or tofu sauce
- Salmon or oily fish with quinoa and lentil pilaf plus salad and yoghurt dressing
- Peanut butter and banana on toast (wholegrain preferably!)
- Yoghurt and banana with sprinkle of nuts or seeds
- Spanish Omelette with side salad
- Tuna Nicoise Salad



Get more omega 3 balance in your body

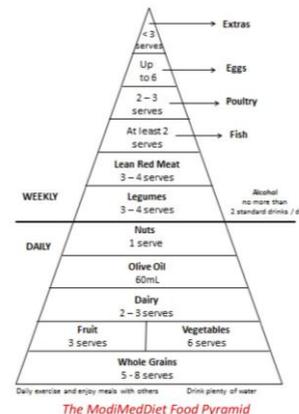
Increase use of flax (lin) seeds, chia, hemp, walnuts..

oily fish and algae oil supplements – plant based algae EPA & DHA supplement oil

If you like oily fish – at least 1 oily portion a week = 140g (5 oz) fresh fish or one small can oily fish

Smiles Trial

- Many studies support the Mediterranean Diet for positive mental health
- SMILES Trial supported that the modified diet was more effective than social support and other interventions
- Further Studies suggest better and longer sleep with Mediterranean Diet PLUS in the workplace, choosing a plant-based option at lunchtime reduced anxiety and depression, plus had positive physical affects



Supplements

They don't replace real food

AND they are not a plaster to cover really poor lifestyle habits!

BUT worth considering

10ug Vitamin D

Omega 3 supplement (sustainable fish / algae source) containing EPA and DHA



Use the 5 ways to wellbeing with food!

1. plan - food, breaks and meltdowns!

2. Make self-care a priority

3. Eat real food not diet/processed food

4. get some good fats

5. Think fibre (wholegrains / pulses/ fruit / veg / salad)

6. Keep hydrated & keep smiling!!

7. Share recipes and ideas!



Gut bacteria like fibre rich foods. Ensure that your diet does not eliminate carbs, but rather includes wholegrains, beans and lentils as well as a variety of vegetables and fruit.

Highly processed foods which are high in food additives and preservatives disrupt the healthy bacteria in your gut, so keep these foods to a minimum.

