

NUTRITION BITS AND BITES

Food and Mood



Food and Mood

DID YOU KNOW...

That what you eat can affect how you feel? It's true! Food can affect your mood. Food provides the building blocks of the messages that are sent from our brain. Recent studies show that foods such as fruits and vegetables, fish, legumes, olive oil, whole grains, and other healthy foods provide the building blocks needed to lift a person's mood.

To...	Nutrients Needed	Found in these Foods:
Improve concentration & attention	Thiamine	Oats, brown rice, barley. Peppers, broccoli, green peas, mushrooms. Hazelnuts, pecans, pistachios. Tuna, salmon, pork.
Reduce anxiety	Folic acid Magnesium	Spinach, lettuce, asparagus, broccoli, peppers, green cabbage, banana, kiwi, blackberries, oranges. Peanuts, almonds, cashews, pecans, walnuts, sesame seeds. Lentils, chick peas, black & kidney beans. Oatmeal, barley, quinoa, long grain rice.
Increase motivation	Zinc Tyrosine	Shrimp, oysters, chicken, turkey, lamb, pork, beef liver. Fortified breakfast cereals. Cashews, walnuts, almonds. Cheese, yogurt. Chick peas, kidney beans, lima beans. Spinach, broccoli, tomatoes, green beans, avocados, plums, raisins, bananas, blackberries, kiwi.
Decrease sadness	Tryptophan Niacin Folic acid Omega 3	Salmon, sardines, scallops, tuna, shrimp, cod, mackerel, trout, halibut. Flax, sesame, seeds, almonds, pistachios, pecan, peanuts, cashews, walnuts. Skinless turkey, chicken, beef, pork. plain yogurt, milk, eggs, cheese. Spinach, cabbage, broccoli, squash, mushroom, lettuce, beets, parsley, peas, pineapple, bananas. Porridge oats, brown rice, rice bran.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

LEMON BAKED SALMON

Ingredients

Salmon

4 six to eight ounce salmon fillets

Topping

1 cup mayonnaise

2 tablespoons fresh lemon juice

2 teaspoons grated lemon peel

2 tablespoons chopped fresh parsley

Instructions

Pre-heat oven to 375 °F.

Place salmon in a 10x13 baking dish.

Measure mayonnaise into bowl, add grated lemon peel, lemon juice, and parsley to mayo and stir.

Spoon mayo mixture onto salmon evenly.

Bake in pre-heated oven for 15-20 minutes, or until the salmon flakes easily with a fork.



Tips on getting the kids involved:

- Have children set the oven temperature
- Children can measure out the mayonnaise and parsley
- Have kids grate the lemons and squeeze the juice out once they are cut.
- Children can stir the topping together
- Kids can spoon the topping onto the salmon
- Older children can help place the baking sheet with salmon in the oven

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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