

# Healthy Living Focus Depression and Food



Hello and welcome to this week's healthy living focus, in this edition we are looking at depression and food. Following a healthy diet can help to protect your mental health, help your brain to work effectively, and lift your mood. We will share advice around healthy fats, wholegrains, and look at the power of protein, as well as share a delicious breakfast recipe!

## Get a good balance of healthy fats

Our brains are made of around 50% fat. So, you need a good supply of healthy fats to keep your brain healthy.

Healthy fats are things like olive oil for cooking, nuts, and omega 3 rich fish such as salmon.

We should aim to cut down on saturated fat, which is found in things like cakes, chocolate and takeaways.

## Eating regular meals can help your brain work at its best.

Your brain relies on a steady supply of glucose as fuel. This comes mostly from starchy carbohydrates, such as wholegrain rice, pasta and bread.

- ✓ Aim to eat little and often to keep your mood at its best.

## The Power of Wholegrains

Wholegrain cereals, beans, lentils, nuts, seeds, fruits and vegetables digest slowly, helping to provide a slow and steady glucose supply to your brain and body.

These foods are also rich in B vitamins and zinc; which evidence suggests are important in managing depression.



## Stay Hydrated

Even slight dehydration can affect your mood. Drink plenty of fluid to keep hydrated and allow your brain to work as best as it can.

- ✓ Aim for 6-8 glasses of water a day.
- ✓ Avoid alcohol if possible.

## Healthy Living Goal

Aim to eat protein with every meal, this could be a little cheese, scrambled eggs, or roast chicken maybe!

## Protein Power

Protein sources such as eggs, lean meat, pulses and some green leafy vegetables such as spinach, contain important properties that have been shown to help with depression.

Eating protein little and often with each meal may also help to prevent overeating and unnecessary snacking.



Visit <https://www.bda.uk.com/resource/depression-diet.html> to view a fact sheet all about depression and a healthy diet.

# RECIPE OF THE WEEK

## Smoked salmon and scrambled egg crumpets



### Ingredients

4 free-range eggs

10g low fat butter, or  
a little olive oil

4 shop bought Crumpets

1 pack ready to eat  
smoked salmon.

a small handful of  
watercress

½ lemon, juiced

chives, finely snipped  
(to garnish)

### Method (serves 2)

1. Whisk the eggs in a bowl; season with a little black pepper.
2. Melt the butter in a frying pan over a medium heat, add the eggs and scramble with a spatula for 2-3 mins or until cooked through but still soft.
3. Meanwhile, toast then butter the crumpets and divide between 2 plates.
4. Top each with a slice of smoked salmon and a small handful of watercress, then squeeze over the lemon juice. Top with the scrambled eggs and the chives to serve.

### Healthy Living Tips

Start the day the right way with this delicious breakfast packed full of healthy fats and protein, which has been shown to promote a positive mood when eaten as part of a healthy diet.

You could swap crumpets for two rounds of wholemeal toast, or poach the eggs instead. Why not mix it up next time you create this tasty breakfast?

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at [healthyliving@nortonhousingandsupport.org.uk](mailto:healthyliving@nortonhousingandsupport.org.uk)

