
OLIVE DINING

CHILDREN'S MENTAL HEALTH WEEK

7-13 February 2022



IN THE ISSUE

How Can Food Affect Mood?

A Special Olive Dining Recipe: To Help Fight Depression & Anxiety

Did you know?

Children who eat five or more portions of fruit and vegetables a day have the best mental health, according to a first study of its kind.

Higher intake is associated with better mental wellbeing among secondary school pupils, and a nutritious breakfast and lunch is linked to emotional wellbeing in pupils across all ages, the research shows.

*Findings, published in the journal BMJ Nutrition Prevention & Health

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How Can Food Affect Mood?

Knowing what foods we should and shouldn't be eating can be really confusing, especially when it feels like the advice changes regularly. However, evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

Improving your child's diet may help to:

- Improve mood
- Increase energy
- Help to think more clearly

Eat Regular Meals

Eating regular meals can help your child's brain work at its best. If blood sugar drops tiredness, irritability and depression can occur. Eating regularly and choosing foods that release energy slowly, help keep sugar levels steady and mood at its best.

Slow-release energy foods include: pasta, rice, oats, wholegrain bread and cereals, nuts and seeds.

Stay Hydrated

Not drinking enough fluid, can lead to difficulty in concentrating or thinking clearly.

5 A Day

Vegetables and fruit contain a lot of the minerals, vitamins and fibre needed for physical and mental wellbeing. By eating a variety of different coloured fruits and vegetables every day ensures a good range of nutrients.

Looking After Your Gut

Sometimes our guts reflect how we feel emotionally. If stressed or anxious this can make our gut slow down or speed up. For healthy digestion your child needs to have plenty of fibre, fluid and exercise regularly.

Healthy gut foods include: fruits, vegetables and wholegrains, beans, pulses, live yoghurt and other probiotics.

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Get Enough Protein

Protein contains amino acids, which make up the chemicals needed for brains to regulate thoughts and feelings.

Protein can be found in: lean meat, fish, eggs, cheese, legumes (peas, beans and lentils), soya products, nuts and seeds.

Manage Caffeine

Caffeine is a stimulant, which means it will offer a quick burst of energy, but then can cause feelings of anxiousness and depression. Also it can disturb your child or teenager's sleep, especially if they have it before bed.

Caffeine is in: tea, coffee, chocolate, cola and other manufactured energy drinks.

Eat The Right Fats

Brains need fatty acids (such as omega-3 and -6) to keep working healthily.

Rather than avoiding all fats, it's important for your child to eat the right ones.

Healthy fats are found in: oily fish, poultry, nuts (especially walnuts and almonds), olive and sunflower oils, seeds (such as sunflower and pumpkin), avocados, milk, yoghurt, cheese and eggs.

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BBQ Chickpea & Cauliflower Flatbread with Avocado Mash

- On a large baking sheet, toss the cauliflower with the oil, Cajun seasoning and 1/4tsp salt.
- Roast in 180C oven for approx. 25minutes.
- On a separate baking tray, toss the chickpeas with the BBQ sauce and place them into the oven with the cauliflower to roast.
- Mash the avocados with lemon juice and a pinch of salt.
- When the cauliflower and chickpeas are ready, remove them from the oven and combine them together.
- Spread the mashed avocado over the bread, top with the chickpeas and cauliflower,
- Drizzle with chilli sauce and serve.

Ingredients for 4 people:

- Cauliflower 240g
- Cajun Spice ½ tbsp
- Bbq sauce 2g
- Chickpeas 160g
- Avocadoes 150g
- Sweet Chilli sauce 40g
- 4 Tortilla Wraps (256g)
- Lemon ½
- Oil ½ tbsp

*Did you know?
Chickpeas are rich
in vitamins, minerals
and fibre. They are also
one of the best food
sources of folate which
helps fight
depression.*