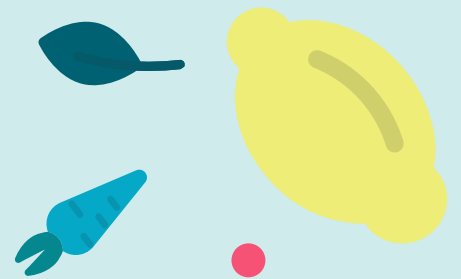


EAP Newsletter

SEPTEMBER 25

Food and Mood

What we eat can affect our mood, energy, and overall mental health. This month, we're exploring how the food on your plate can shape the way you feel.



The gut brain connection

Our gut and brain are linked by a network of nerves and chemical messengers. This is often called the gut-brain axis. The bacteria in our digestive system play a vital role in this relationship. When our gut health is in balance, it can positively influence our mood, focus, and energy levels. On the other hand, poor diet and digestion can contribute to stress, low mood, and even anxiety.

Food isn't just fuel for the body, it's information for the brain. Nutrient-rich foods like fruit, vegetables, legumes, whole grains, and lean proteins provide the building blocks for neurotransmitters such as serotonin and dopamine, which are essential for stable mood and motivation. Diets high in processed foods, sugar, and unhealthy fats can disrupt this balance, leading to energy crashes and mood swings.

Small consistent choices can make a difference over time. Think of nutrition as one tool in the wellbeing toolkit alongside sleep, exercise, social connection, and professional support.





Eat a variety of colourful fruits and vegetables to feed beneficial gut bacteria. Bananas, for example, provide natural sugar, vitamin B6, and prebiotic fibre, helping to keep blood sugar and mood stable.



Choose whole grains and high-fibre foods to support digestion. Oats are a great choice, they stabilise blood sugar, boost mood, and are high in iron, which can help if you have iron deficiency.



Include fermented foods like yoghurt, kimchi, or sauerkraut. These live microorganisms promote healthy gut bacteria and may support serotonin production.



Eat fatty fish such as salmon that are rich in omega-3s, which may help reduce the risk of depression.



Limit highly processed foods and sugary drinks. These can spike and crash energy levels, and while stress or low mood might make you crave them, they can make you feel worse over time.



Want to learn more?

This month we have an e-learning module all about Food and Mood. It is **available here** or **scan the QR code**.



Eat yourself healthy and happy

Download the **habithealth+** app today and prioritise your nutrition with our **‘Nourish digital journey’**.

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the app store today.



Our team are here to help, book online now

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