



**RESEARCH INCREASINGLY SHOWS THAT THE FOODS YOU EAT CAN PLAY AN IMPORTANT ROLE IN PSYCHOLOGICAL, AS WELL AS PHYSICAL, HEALTH AND PERFORMANCE**

Increase your omega-3 intake is to eat fish and seafood, particularly oily varieties such as salmon, sardines and mackerel. Vegetarian sources include chia seeds, flaxseeds and walnuts. Research has shown that EPA predominant fish oil supplements may have benefits for individuals with diagnosed depression (speak with an Accredited Sports Dietitian about your individual omega-3 needs from foods vs supplements).

#### PROBIOTICS AND PREBIOTICS

Science is increasingly being informed about the important link between the health of the gut and other body systems. A healthy gut may reduce inflammation throughout the body, and have an impact on your brain and mood. More research is required, but by including probiotic and prebiotic rich foods and drinks we can work towards a healthy body and mind.

#### DRINK AND MIX UP YOUR HOT DRINKS!

Sometimes we use caffeine as a pick-me-up, and there could be good reason apart from

the caffeine. Both black tea, green tea and coffee (and cocoa) contain polyphenols, which research shows can be linked to improved mood and cognition. Tea also contains theanine, a compound which can have a direct impact on the brain to keep you alert but relaxed at the same time.

Hydration itself is beneficial for physical performance, but also brain function and mental health.

#### GLYCEMIC INDEX

Stable blood glucose levels help to keep the brain continuously fuelled. If you choose wholegrain over high-sugar you can help to keep blood glucose stable. Protein and healthy fats can also reduce the glycaemic impact of a meal or snack.

#### MEDITERRANEAN STYLE

The foods above are all key components of the Mediterranean way of eating...shown to be beneficial for mood and mental health. ☺

Please contact [jess@sportsdietitians.com.au](mailto:jess@sportsdietitians.com.au) for further articles to read on diet and mental health.



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