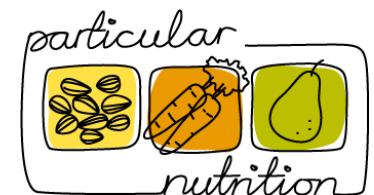


The Healthy Food Series

Part Four

Winter Blues



www.particularnutrition.com

Introduction

- Molly Robson, Nutrition Advisor
- Particular Nutrition
- www.particularnutrition.com
- One-on-one consultations and workshops
- Allergy-Friendly cookery class Jan 26th
- Recipes & Meal Plans



Agenda

- Seasonal Affective Disorder
- Vitamin D
- Key nutrients
- Foods to boost your mood
- Herbs for happiness
- Lifestyle
- Recipes



Seasonal Affective Disorder

- aka “SAD” or “Holiday Blues”
- 24% UK population suffer each winter
- Women more likely to suffer than men
- Symptoms
 - Energy loss
 - Anxiety attacks
 - Weight gain
 - Over-sleep
 - Reduced sex drive
- December-February highest levels, sometimes until April



Vitamin D

- Lack of sunlight=lack of vitamin D
- Supplements are essential: vitamin D3
- Food sources
 - Cold-water fish (mackerel, salmon, herring)
 - Cod liver oil
 - Organic butter
 - Organic egg yolks
 - Dark green leafy vegetables
- Up to 2,000 IU every other day



Key Nutrients

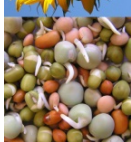
- Plenty of water
- Omega-3-rich oils (fish oil, flax, hemp)
- 5-HTP (increases serotonin)
- Vitamin D
- Zinc



Foods to Boost your Mood

- Fresh fruit and vegetables (raw)
- Omega 3 Fatty Acids
- Complex carbohydrates (calming effect)
- High-protein foods (promote alertness)
- Fiber-rich foods

- **AVOID**
 - Alcohol
 - Caffeine



Herbs for Happiness!

- Lemon balm
- Ginger
- Licorice root
- Kava Kava
- St John's Wort (300mg 3x/day)
- Oat straw



Lifestyle suggestions



- Sleep – full 8 hours each night
- Exercise – daily, outdoors if possible
- Natural light between 6am-8am

- Social activities – interacting with others, getting out of the house, events to look forward to
- Light therapy – for severe SAD sufferers



Recipes

- Sunshine Smoothie
- Wasabi Salmon with Cucumber Salad
- Spinach & Walnut Pesto
- Raw Nutella Brownies



Sunshine Smoothie

- ½ cup frozen mango pieces
- 4 small apricots, peeled & chopped
- ½ pineapple, peeled & chopped
- 1 banana, peeled
- Zest of ½ lemon
- 6 oz plain yogurt
- 1 cup ice cubes

Combine all ingredients in a blender and enjoy!



Wasabi Salmon with Cucumber Salad

- 2 wild salmon fillets
- Peanut or Coconut oil
- 1 tbsp wasabi paste
- 1/2 cucumber
- 1 small red chili, sliced into small rings
- 2 tbsp rice vinegar
- 1 tsp agave nectar
- 1 tsp sea salt
- 2 tsp poppy seeds
- 1 cup brown rice, cooked

Brush some oil onto each salmon fillet, followed by a layer of wasabi paste.

Cut the cucumber in half lengthways and scoop out the seeds with a teaspoon. Cut in half lengthways again, and slice into large diagonal pieces. Place in a small bowl with the chili, vinegar, agave, salt, poppy seeds, and a little bit of black pepper. stir well.

Place the fish either on top of a barbecue or under the grill for 5-6 minutes, or until cooked. Serve with the cucumber salad and brown rice.



Spinach & Walnut Pesto

- 1/4 cup fresh basil leaves
- 1/2 bag washed spinach leaves
- 3 tbsp walnuts, chopped
- 2 large cloves garlic, finely chopped
- 1 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 3 tbsp extra virgin olive oil



Place the spinach, basil, walnuts, garlic, salt, and pepper in a food processor fitted with a knife blade. Process until finely chopped.

Add the oil and process until smooth and well-blended. If not using immediately, store tightly covered in the refrigerator for up to 2 days.



Raw Nutella Brownies

- 1 1/2 cups hazelnuts
- 1/2 cup raw cacao powder
- 1/2 cup shredded coconut
- 1/2 tsp vanilla powder
- 1/2 tsp sea salt
- 2 cups dates
- 3/4 cup coconut oil, melted
- 3 tbsp raw cacao powder
- 2 tbsp raw honey or agave nectar



Prepare the brownie base by combining the hazelnuts, 1/2 cup cacao powder, shredded coconut, vanilla powder, crystal salt, and dates in a food processor and blitzing until sticky and dough-like. Press into a rectangular baking dish, smooth the surface, and place in a freezer.

Make the topping by whisking together the melted coconut oil, 3 tbsp raw cacao powder, honey or agave nectar, and a pinch of sea salt. Pour over the chilled brownie base and place back in the freezer for at least an hour to set the topping.

To serve, allow to defrost slightly before slicing - keep in the fridge or freezer to ensure a solid topping!

