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EAT WELL, CARE WELL. HAPPY FOODS

OCTOBER IS DEPRESSION EDUCATION AND AWARENESS MONTH

Depression and anxiety disorders are among the most common mental disorders in the world. It affects nearly 40 million Americans each year, and this number is projected to increase. There are many research studies that state food and nutrition therapies offer a promising intervention for these mental disorders. The Mediterranean diet has gotten some attention in aiding in the treatment of depression and mental health disorders. This diet focuses on eating healthy fats that include things like fish and olive oil. It also stresses the importance of eating fruits, vegetables, legumes/beans, and whole grains. There have been studies that have shown that eating omega-3 fatty acids that include EPA and DHA have decreased symptoms of depression. The director of research in the Depression Clinical and Research Program at Boston's Massachusetts General Hospital states omega-3's to "be as active as antidepressants." Some common foods that contain omega-3's and EPA/DHA are fish, flaxseeds, walnuts, and soybeans. Try to include some of these foods items into your diet to help decrease symptoms associated with depression or other mental disorders.

WEEKLY CHALLENGES

INCORPORATE FISH INTO A MEAL

SNACK ON WALNUTS

TRY ONE OF OUR PROVIDED RECIPES, WHICH CONTAIN OMEGA-3'S

LEARN MORE ABOUT THE MEDITERRANEAN DIET

DID YOU KNOW?

1 IN 4 ADULTS SUFFER FROM A DIAGNOSABLE MENTAL DISORDER EACH YEAR.

Pumpkin Bread

This recipe is brought to you from

<https://www.allrecipes.com/recipe/9217/super-moist-pumpkin-bread/>

INGREDIENTS:

- 3 ½ cup all-purpose flour
- 2 cups packed brown sugar
- 2/3 cup white sugar
- 2 cups pumpkin puree
- 1 cup vegetable oil
- 2/3 cup milk
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 ½ teaspoon ground cinnamon
- 2/3 cup flaked coconut (optional)
- 1 cup roasted walnuts, chopped (optional)



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DIRECTIONS:

1. Preheat oven to 350 degrees F. Grease and flour two 8x4 inch loaf pans.
2. In a large bowl combine the flour, brown sugar, white sugar, pumpkin puree, oil, milk, baking soda, salt, ground nutmeg and ground cinnamon. Mix until all of the flour is gone. Fold in the nuts and flaked coconut, if desired. Pour batter into the prepared pans.
3. Bake at 350 degrees F for 45-60 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and cover loaves with foil tightly. Allow to steam for 10 minutes. Remove foil and turn out onto a cooling rack. Tent lightly with the foil and allow to cool completely.

Simple Pan Seared Salmon

This recipe is brought to you from

https://www.allrecipes.com/recipe/21736/pan-seared-salmon-i/?internalSource=streams&referringId=416&referringContentType=Recipe%20Hub&clickId=st_trending_b

INGREDIENTS:

- 2 (6 ounce) fillet salmon
- 1 tablespoons olive oil
- 1 tablespoons capers
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 slices of lemon

DIRECTIONS:

1. Preheat a large heavy skillet over medium heat for 3 minutes.
2. Coat salmon with olive oil. Place in skillet and increase heat to high. Cook for 3 minutes. Sprinkle with capers, salt and pepper. Turn salmon over, and cook for 5 minutes, or until browned. Salmon is done with it flakes easily with a fork.
3. Transfer salmon to individual plates, and garnish with lemon slices.



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