

Better Mood Rooted in Healthy Food

Due to these unprecedented times we are in, many of us may have realized just how important focusing on our overall health is. It's always important to eat your daily dose of fruits and veggies, but now, more than ever, eating lots of healthy foods is crucial to help keep us happy & healthy. To help support our mental and physical well-being research suggests that eating more fruits and veggies may be a factor in helping us feel happier. Some of our program participants are practicing healthy and happy eating, now more than ever, as we stay at home!



Eating healthy foods is even more important now as routine disruptions affect daily moods and physical activities. Residents at the TVS supported living homes are focusing on whole foods such as lean proteins & lots of fruits and veggies. They are also substituting cauliflower tots for regular tater tots, grilled chicken over fried chicken, along with paying attention to serving sizes and sodium levels.

Here are some helpful ways to add more fruits & veggies to your day:

1. *Try to incorporate a fruit or veggie (or both) at every meal and snack.*

This could be strawberries on your morning oatmeal or cereal, peppers in scrambled eggs or a quick peanut butter and banana sandwich if you are on the go.



A 2014 English study of 14,000 people found that individuals with the highest reported mental well-being reported higher levels of fruit and veggie consumption.

2. *All forms matter.*

Although fresh produce is delicious, canned, frozen and dried are also great ways to add in a variety of textures and flavors. Frozen fruit is great for smoothies, canned beans are great for casseroles and sauces, and dried fruit can be the perfect addition to baked goods.

3. *Try something new!*

Never had a papaya or a purple sweet potato? Now's the time! Not only is it exciting to try new foods, but you may find yourself a new favorite! Leftover bits of veggies and even bagged salads can be seasoned and stir fried and are delicious. **Healthy & thrifty!**

4. *Color half your plate.*

Be on the lookout for orange citrus, purple berries, red apples, yellow squash, deep green leafy greens and bright white cruciferous veggies.



A study in 2017 of 2000 Americans showed that those who reported eating fruits and veggies every day were significantly more likely to report being happy and satisfied with their life.

5. *Just add one more!*

Struggling to meet the 5 servings of fruits and veggies every day? Try to add just one more serving throughout your day. If you don't have any fruit with breakfast usually, try adding a half a banana to your morning fuel!

Recipe - Easy Bean Salad

Ingredients:

- 1 can garbanzo beans (or any kind of bean), rinsed & drained
- 1 can French style green beans, drained
- 1 can artichoke hearts, rinsed, drained & quartered
- 1/2 cup Italian dressing

Directions:

In a large bowl, combine first three ingredients. Stir gently. Pour dressing over veggies & let chill.

Makes: 4 to 8 servings



Good served with rotisserie chicken or pork.

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