



**Calm Your Mind &
Boost Your Mood**

**5 Nutrition Tips
To Balance Moods
And Support
Mental Health**

Uta Boellinger

Founder of Cannelle Nutrition Ltd.
BANT Registered Nutritionist[®]

cannelle
NUTRITION

www.cannelle.co.uk info@cannelle.co.uk

07722 797246



[@cannelle_nutrition](https://www.instagram.com/cannelle_nutrition)

Featured in

happiful

Nutritionist Resource

GREATIST

GoodtoKnow



If you're feeling **stressed, anxious** and **tired** you are not alone. Maybe you're looking to **restore calm and improve your sleep** or maybe you're desperate for **better energy and focus** and just want to feel well again so you can **enjoy life fully**. Either way you have come to the right place.

Whether you are feeling close to burn out or you just need a bit of a boost, this guide will teach you simple methods to support your body and restore balance.

We all know that exercise, meditation and mindfulness are good for our mental health but did you know that eating the right foods also plays a key role in this? Did you know that food can improve your mood, help you sleep better and restore hormonal balance? Were you aware that there is a direct link between your gut and your brain? Optimising nutrition has a huge impact on your physical and mental health and making the right choices to nourish your body can really help you thrive and feel your best.

Nutrition not only plays a role in energy levels but also effects your mood. It can help you better manage stress and restore calm in your life. There are so many things we can do to get you back to where you need to be so you can enjoy life to the full and feel your best.

- You're about to get a **sneak peak** into my strategy for balanced moods and optimal wellbeing.

cannelle
NUTRITION

Hi, I'm Uta -

I help busy people improve their energy levels, reduce stress & anxiety and optimise their mental and physical health.

I do this by sharing evidence based nutrition and lifestyle advice, and helping you **put this advice into practice** to achieve sustainable **results**.

As a busy, working mum myself I fully understand how challenging this can be. This guide provides you with some simple strategies you can implement right away to improve your health and wellbeing and start to calm your mind and balance your moods.

THESE ARE 5 EASY TO FOLLOW TIPS to help you feel less confused about what to eat for mental health and optimal wellbeing.



Your guide to optimal health & balanced moods

1. Mood Regulation
2. Brain Health
3. Neuronal Function
4. Blood Sugar Balance
5. The Gut-Brain Link



Mood Regulation

EVERYTHING including our mood, sleep & stress response is regulated via hormones & neurotransmitters.

- **Your body** needs the right foods to create hormones and neurotransmitters, which are the chemical messengers regulating your mood (and just about everything else). If you do not provide it with the building blocks it simply won't be able to make adequate amounts of them, resulting in low moods, difficulty spelling, brain fog and other symptoms.
- As an example melatonin which regulates our sleep-wake cycle can only be made with sufficient amounts of tryptophan, an amino acid found in **protein rich foods as well as oats, bananas and cherries.**

TOP TIP: Make sure you get at least 1 gram of protein per kg of body weight each day.



Brain Health

Your brain takes care of your thoughts and your senses — it works round the clock, even while you're sleeping. This means your brain requires a constant supply of fuel.

- **Brain "fuel"** comes from the foods you eat — and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.
- We need nutrients to keep our brain and nervous systems healthy. Not only are the foods we eat the building blocks for our cells but they are crucial for helping us reduce and **prevent inflammation** in the brain which has been linked strongly to negative mental health outcomes.
- **Omega-3** fatty acids play a fundamental role in brain development and function and deficiencies are associated with an increased risk of developing various mental health issues, including depression.

TOP TIP: Include plenty of omega 3 rich foods such as oily fish, nuts and seeds and consider a good quality supplement.

cannelle
NUTRITION



Neuronal Function

*If your macronutrients are the fuel you put in the car think of **micronutrients** (vitamins and minerals) as the engine oil, tire pressure, brake fluid, radiator coolant and just about everything else you need for your car to function.*

- Vitamins and minerals are co-factors in all chemical reactions in the body. As an example the macro-mineral magnesium is crucial for neural activity and signalling.
- **Magnesium** helps us relax and wind down as it has a calming effect on our nervous system. Not having enough magnesium has been linked to insomnia. Studies have also found that those who are chronically stressed are more likely to be lacking magnesium.

TOP TIP: Include plenty of magnesium rich foods on a daily basis such as: **dark green leafy veg (kale, spinach, chard etc.), most nuts and seeds but particularly almonds, bananas, dark chocolate/cacao, avocado and tofu.**



Get off the blood sugar roller coaster

A growing body of evidence suggests a strong relationship between mood and blood sugar balance. Symptoms of low blood sugar can worsen anxiety for example.

- **Reduce** foods which have high levels of **sugar and processed carbs** (fruit juices, soft drinks, crisps, biscuits, cake, white bread, pasta etc.)
- Switch to foods which are high in **complex carbohydrates** such as brown rice, legumes etc and switch to brown pasta and bread.
- Always eat **carbohydrate rich foods in combination with protein**. Protein slows down digestion and absorption of glucose into your blood stream so you'll get less of a spike. So instead of having pasta and tomato sauce, make sure you add some veggies and beans, lentils, meat, fish or seafood.

TOP TIP: Instead of having jam on toast or cereal for breakfast try eggs on wholemeal bread or overnight oats with nuts and seeds.



The Gut-Brain Link

Microbiome imbalances and inflammation of the gut have been linked to causing several mental illnesses including anxiety and depression.

- **First** of all the trillions of bacteria living in your gut produce and modulate various neurotransmitters and such as **dopamine** (reward, sleep, mood, motivation) and GABA (reduces stress and regulates sleep).
- Secondly the systemic connection between the two means that a troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, our intestinal health can be the cause or the product of anxiety, stress, or depression.

TOP TIP: To look after your gut be sure to include probiotic food such as **live yoghurt, kefir, kombucha, sauerkraut and kimchi** on a regular basis. PS: Avoid artificial sweeteners!

cannelle
NUTRITION



Supplements

There is no magic pill when it comes to our health. However, in combination with a balanced diet and a healthy lifestyle the following can support you on your journey and help you see results more quickly.

- **Omega 3** - Critical for brain function and development as well as helping to reduce inflammation. I recommend [Bare Biology](#) Life & Soul (Use code **UTAB10** for 10% off at The Natural Dispensary).
- **Probiotics** - Support a balanced gut microbiome which in turn may boost mood and cognitive function. I recommend [Invivo](#) Bio.Me Mind & Mood - A clinically researched probiotic with biotin to support the nervous system and psychological function (Use code **UTAB10** for 10% off)
- **Greens Powder** - Great to up your greens intake on busy days. I recommend [Intense Green Super Shake](#) by TerraNova. (Use code **UTAB10** for 10% off)

If you have a diagnosed medical condition or are taking medication you must always check with your GP before taking any supplements.



Uta's Mood Boosting Recipes

Overnight Oats

Start your day off with this satisfying, balancing breakfast providing:

- protein for neurotransmitter & hormone production
- healthy fats for brain health
- fibre to support your microbiome

INGREDIENTS

- 35 grams of oats
- 1 tablespoon chia seeds
- 1 tablespoon linseed
- 1-1.5 cups unsweetened almond milk
- 1 tablespoon nut butter of choice
- 1 teaspoon cinnamon

HOW TO

1. Mix all ingredients in a wide mouthed jar
2. Stir or shake well
3. Leave in fridge overnight
4. Add fresh or frozen fruit of choice
5. Can make 2 -3 days in advance

cannelle
NUTRITION



Smoked Salmon Open Sandwich

A healthy take on a classic sandwich. Excellent source of omega 3 fatty acids as well as protein and fibre for blood sugar balance and slow release carbs for energy.

INGREDIENTS

- 2 slices wholemeal sourdough
- 2 tablespoons full fat cream cheese
- 1/4 slices cucumber
- 2 slices smoked salmon
- Red onion & sprouts (optional)
- Salt & pepper to taste

HOW TO

1. Spread the cream cheese on the sourdough. Top with the cucumber slices and season with salt and pepper. Add the smoked salmon, onion, and sprouts on top. Enjoy!

cannelle
NUTRITION



Kale Salad with Crispy, Marinated Tofu

INGREDIENTS

- 280 grams organic tofu (sliced into triangles)
- 2 tablespoons extra virgin olive oil
- 1.5 tablespoons tamari
- 1 freshly squeezed lemon
- 2 teaspoons raw honey
- 1 tablespoon orange juice
- 1 teaspoon Dijon mustard
- 160grams kale or cavolo nero (thinly sliced)
- 1/4 cucumber (sliced)
- 1 avocado (cubed)
- 1 red pepper

HOW TO

1. Combine 1 tblsp olive oil, 1 tblsp tamari, 1 tsp honey and half the lemon juice in a bowl.
2. Add the tofu slices to a large dish and marinate in the above described mix for 15 mins.
3. In the meantime add the remaining olive oil, lemon juice, orange juice, tamari and Dijon into a small bowl and whisk.
4. Add the kale leaves, cucumber, pepper and avocado to a large bowl. Add the dressing and mix well to combine.
5. In a pan or skillet cook the marinated tofu for 3-4 minutes on each side over a medium heat until crispy and browned.
6. Add the kale salad to your favourite bowl. Top with tofu. Enjoy.

A quick and easy meal including protein, fibre and all the greens for and extra boost of calming magnesium.

cannelle
NUTRITION





Easier said than done?

Making changes to your diet can be overwhelming. Often it's about small changes over a period of time to get the best long-term results. Having someone to guide and coach you along the way can make all the difference. I can provide step-by-step guides, personalised recommendations and plans. The next page explains how I can further support you and help you optimise your nutrition right now.



WHEN YOU'RE READY

- 1** Follow me on social media for even more tips, recipes and inspiration. IG: [@cannelle_nutrition](#) FB: [Cannelle Nutrition](#)
- 2** Take part in my **free** 3 Day Thrive Challenge to learn more about how nutrition impacts your mental health and get practical advice and easy recipes to follow. [Email me](#) and I'll share the details.
- 3** Ready to feel your best so you can live life to the full? An in-depth review of your health and lifestyle and a fully bespoke plan can be transformational. [Email me](#) or book in for a [free 15 minute discovery call](#). Together we can decide how I can best support you.

I would love to help you balance your hormones, supercharge your wellbeing and feel your best.

Uta

Uta Boellinger

Registered Nutritionist[®] (mBANT, CNHC,
dipNCFED) & Wellness Expert

This information is for educational purposes and should not replace medical advice. If you have a diagnosed medical condition you should consult a doctor before making any major changes to your diet.

Uta Boellinger, September 2022

cannelle
NUTRITION