



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

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Good Food for a Good Mood: Better Health Tips for a Better Mind in August!

There's a well-known saying; 'you are what you eat' but most of us interpret this to relate to our appearance rather than our mood.

Without a steady source of fuel from the foods we eat, our mind and bodies don't function well. Blood sugar fluctuations and nutritional imbalances from unhealthy eating patterns can often cause mood swings, irritability, fatigue, and worsen symptoms of depressions and anxiety.

Ultra-processed foods and gut health



Ultra-processed foods contain substances extracted from food (e.g., sugar and starch), added from food constituents (hydrogenated fats), or made in a lab (flavor enhancers and food coloring). Ultra-processed foods are manufactured to be especially tasty using such ingredients and are very common in the typical Western diet. Some examples include fizzy drinks, sugary or savory packaged snacks, packaged breads, buns and pastries, frozen foods and more.

But what does this have to do with your mood?

90% of serotonin (our happy hormone) receptors are in the gut. A recent study suggests that eating a healthy, balanced diet may be protective against depression. A better diet can help, but it's only the first step – just like you cannot exercise out of a bad diet, you also cannot eat your way out of feeling depressed or anxious.

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About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

Our Benefits Broker

Brieden Consulting Group
17000 Kercheval
Suite 210
Grosse Pointe, MI 48230

Phone: 313-447-0900
www.briedencg.com

What should you eat to improve your mood?

A simple place to start is to eat whole foods and avoid or reduce your quantity of packaged or processed foods. These are often high in food additives and preservatives that disrupt the healthy bacteria in the gut.

Feeling good comes from a diet that has enough healthy choice carbohydrates at regular times to keep blood glucose levels stable and diets should contain a wide variety of protein and vitamin and mineral containing foods to support the body's functions.

As a rule, plenty of fruits, vegetables, and whole grain foods with some proteins including oily fish, will support a good supply of nutrients for both good health and a good mood.

Good Food for a Good Mood Tips:

- ◇ Increase your intake of fresh fruits and vegetables
- ◇ Eat enough fiber and include whole grains in your diet
- ◇ Include probiotic-rich foods such as plain yogurt without added sugars
- ◇ Reduce sugar intake at breakfast
- ◇ Add fermented foods such as unsweetened kefir; sauerkraut or kimchi to your diet to maintain a healthy gut
- ◇ Eat a balance of seafoods and lean poultry and less red meat each week



Recipe of the Month

Bruschetta Grilled Chicken

Instructions

In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, ¼ teaspoon pepper, and Italian seasoning and whisk to combine. Transfer to large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.

Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temp. of 155-160 degrees, about 5-7 minutes per side.

Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, season with salt and pepper. Top each chicken breast with 1 slice mozzarella and melt 2-3 mins. Top chicken with tomato mixture, garnish with parmesan and serve. Enjoy!



Ingredients

- 4 tbsp. extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 tsp. Italian seasoning or dried oregano
- 4 boneless skinless antibiotic free chicken breasts
- 3 slicing tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp. freshly chopped basil
- 4 slices mozzarella
- Freshly grated parmesan