



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Back to School Mood Boosters

Heading back to school can be both exciting and depressing. With all the stress and changes to adjust to be sure to fuel up with healthier items. There are a variety of nutrients and phytochemicals that can help improve one's mood.

Try packing some of these foods in your kiddos' lunches (or your own)!

Berries contain quercetin which acts as a natural antidepressant, suppressing monoamine oxidase (MAO) an enzyme known for causing depression.

Fatty fish and shrimp are full of omega-3 fatty acids, which are anti-inflammatory and can cross directly into the brain giving an almost immediate boost in mood.

Dark Chocolate contains natural serotonin, antioxidants, and mood boosting flavonoids.

Chia seeds contain magnesium, omega-3 fatty acids, micronutrients, protein, and fiber in a tiny package. A diet low in magnesium can contribute to physical weakness and feelings of depression.

Blueberry-Banana Chia Seed Muffins

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup oat flour
- 1 Tbsp. chia seeds
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 2 large eggs
- 2 very ripe bananas, mashed
- 1/2 cup vegetable oil
- 1 cup blueberries
- 1/2 cup sliced almonds



Directions:

1. Preheat oven to 350°F. Spray a 12-cup muffin pan with cooking spray.
2. In medium bowl, whisk all-purpose flour, sugar, oat flour, chia seeds, baking powder, baking soda, cinnamon, and salt. In large bowl, whisk eggs, bananas, and oil until combined; stir in flour mixture until just combined. Fold in blueberries and divide into the prepared muffin cups; sprinkle with almonds.
3. Bake muffins 20 minutes or until toothpick inserted in center of muffins comes out clean; cool 10 minutes in pan. Makes 12 muffins.

