

Mood & Meals

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Salmon

Salmon is rich in omega-3 fatty acids, which support brain function and may help reduce symptoms of anxiety and depression.

Avocado

Avocado provides healthy fats that enhance mood and brain performance.

Edamame

Edamame is high in plant-based protein, which stabilizes blood sugar levels and prevents energy crashes.

Ginger

Ginger has anti-inflammatory properties that may help calm the body.

Sesame oil

Sesame oil and salmon are heart-friendly fats that reduce inflammation in the body.

Carrots

Carrots are fiber-rich, supporting gut health, which is closely linked to mental well-being.

See more about Foods & Mental Health:

Gut health & gut-brain connection

Learn about the intricate relationship between your gut microbiome and mental well-being.

Learn more >2

Foods to Ease Stress & Anxiety

Discover dietary choices that can help manage stress and reduce anxiety symptoms.

Learn more >

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Eating for Emotional Health

Understanding Emotional Eating

Explore the connection between emotions and eating habits, and learn strategies for developing a healthier relationship with food

• Identify emotional triggers

• Develop mindful eating practices

• Find alternative coping mechanisms

Learn more >

General notes on this wireframe: This page will have a dynamic content. Not only are the ingredients shown above subjected to change, depending on the ingredients utilized in a recipe, but also if the user decides to navigate to this page from the top navigation menu, its content will be an infinite scroll in ingredients, instead of just showing whatever ingredients the recipe has. Lastly, the search bar here is gone, since it's only available to the recipe related pages.

1Sort by option here is by A-Z.

2Clicking here the user navigates to the gut health & gut brain connection page

3Clicking here the user navigates to the Foods to Ease Stress & Anxiety page

4Clicking here the user navigates to the Eating for Emotional Health page