

EATING FOR MENTAL HEALTH & WHAT'S J.E.R.F?

The other day we found ourselves completely stumped when a executive/corporate athlete called in about our programs and asked, "are you JERF compliant?" At first we were taken aback (did they just call us a jerk!?). Thankfully we took a deep belly breath, a quick google search, and said yes, we are (that is, we believe in JERF).



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What we eat has become so controversial, and unfortunately stressful for many – demonising carbs, fats, sugar.... Food is meant to be fuelling us and to be savoured. What all experts can all agree upon is to eat high quality foods and to eat less less manufactured foods. In other words = Just Eat Real Food (J.E.R.F.)!!!

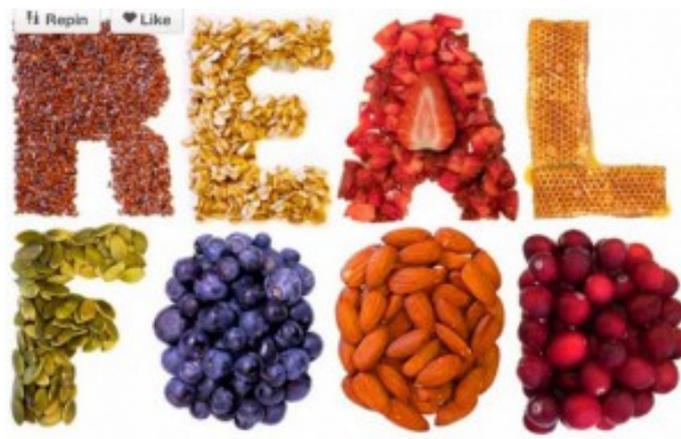


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What's Real Food?

It's food that has only itself as an ingredient:

Onion vs battered onion ring. Roasted chicken vs chicken nugget. Baked potato vs potato chip.

It's food that you could grow or raise yourself:

You might not want to or have the space, but you could grow oats and you could raise a cow.

It is highly unlikely that you have access to a laboratory to synthesize instant cheese sauce.

It's food that comes in its whole natural form:

A chunk of beef and fresh vegetables rather than a frozen dinner entrée of beef pot pie. It's chicken broth and cream instead of a can of cream of chicken soup.

It's amazing how much processed food can become part of your daily intake even with a health conscious outlook. It sneaks in quietly, you grab a 'fast energy' stimulant at 3pm or the kids request 'a treat' more frequently and next thing you know far too much of this food fuels your day with low nutrient quality ingredients, such as simple sugars, colourings, fillers. This type of food is causing your body internal stress.

Here are a few final tips to manage your stress through nutrition:

1. **Listen to your body**; it will tell you when you are feeling stressed, use it as a cue to act.
2. Work with your body; **fuel and nourish it with nutrient dense foods** to better manage stress (see presentation).
3. Digestion begins when you see food; always take time out to eat snacks and meals, eat slowly and mindfully - **"rest and digest"**;

Tip: try eating with your non-dominant hand or put your utensils down after each mouthful.

4. Healthy eating is also about **balance**; balance in nutrients, portions, colour and taste.

We encourage you to consult a qualified health professional about any questions you may have about your physical or mental health. If you would like to know more about our highly successful corporate workshops, "Managing Stress through Nutrition" please reach out to info@wellnessforte.com.au.

Wishing you success with ease,

Executive Wellbeing team

WELLNESS FORTE

Ps: We also recommend this ABC audio [:"Eating For Mental Health"](http://www.abc.net.au/radionational/programs/rnfirstbite/diet-for-mental-health/5802234). Enjoy!

<http://www.abc.net.au/radionational/programs/rnfirstbite/diet-for-mental-health/5802234>