

GOOD MOOD FOOD – EAT TO IMPROVE YOUR MOOD AND ENERGY



Contents

Foreword
Food to enhance your mood and energy
Protein
Fibre-rich carbohydrates
Green carbohydrates
Healthy fats
Mood enhancing breakfasts
Sweets and snacks
Index

Good mood food – Maten som lyfter humör och energi

Ulrika Hoffer

195 x 230, 132p

Good mood food is for anyone who sometimes feels a lapse in their mood, energy or creativity. The book contains around 80 recipes for easy-to-make dishes with exciting flavours to tingle your taste buds and ingredients that have been shown to have a significant effect on our energy levels and psychological health.

The book starts with a comprehensive but easy-to-follow factual introduction describing how various nutrients assist in keeping us bright, alert and balanced. Making it easier to follow the book's advice on a normal hectic day, all the recipes are categorised according to function:

- Brain friendly proteins, the building blocks of “feel good” substances
- Fibre-rich carbohydrates, giving the brain long-lasting energy
- Green carbohydrates, with the protective antioxidants and minerals the brain needs for optimal function
- Healthy fats to lubricate, protect, satiate and promote wellbeing

Of course, there's also room for mood-enhancing breakfasts, desserts and snacks. All the recipes are free from gluten, cow's milk and added sugar. Sweetness comes from fruit or an occasional spoonful of honey. None of the recipes contain sweeteners, flour mixes or other substitutes and all the ingredients can be found in ordinary supermarkets.



About the author

Ulrika Hoffer is a nutritionist, journalist and author of award-winning *Råsmart familj* (Raw smart family) and *Smarta sötsaker* (Smart sweets) that has been translated into five languages. She regularly lectures and holds cookery courses.

LIND & CO

BENNET AGENCY

SÖDER MÄLARSTRAND 21
118 20 STOCKHOLM
SWEDEN

MOBILE: +46 704 67 42 70

WWW.BENNETAGENCY.COM

