Eat well for your Mental Health

Adopting a Mediterranean diet is not only beneficial for your physical health but also plays a significant role in promoting mental wellbeing.

Benefits of the Mediterranean Diet for Mental Health

By following a balanced, Mediterranean Diet, you can nourish your body and support your mental health.

Improved mood

Consuming nutrient-rich foods like fruits, vegetables, whole-grains, and healthy fats can positively affect brain chemicals, promoting a better mood and overall sense of wellbeing.

Better brain health

The nutrients and anti-oxidants found in the Mediterranean diet support brain health. This diet may help reduce the risk of cognitive decline.

Lower risk of depression

This diet has been linked to a lower risk of developing depression. It may even improve symptoms in individuals who already have the condition.

Fuel your mind - skip processed foods and embrace the Mediterranean diet!

Health Promotion & Disease Prevention Directorate

Tips for following the Mediterranean Diet

Here are some tips for adapting your dietary habits for better overall wellbeing!

Reduce processed foods
Minimise the consumption of processed snacks, sugary beverages and packaged foods.

Moderate dairy consumption
... and opt for unsweetened kefir, yogurt, and cheese. These provide calcium and other nutrients important for overall health.

Limit red / processed meat
Limit the consumption of red meat and avoid or limit processed meats. Instead, focus on plant-based protein sources and lean poultry or fish.

Fill your plate with plant-based foods
Aim to include a variety of colourful fruits and vegetables in your meals. These provide essential vitamins, minerals, and antioxidants that support overall health.

Enjoy fatty fish
... like salmon, mackerel, and sardines at least once a week. These are rich in omega-3 fatty acids which may support brain health.

Tips for following the Mediterranean Diet

Here are some tips for adapting your dietary habits for better overall wellbeing!

Prioritise lean proteins...
... like legumes, tofu, fish and poultry. These are essential for the production of neurotransmitters that regulate mood and cognitive function.

Prioritise healthy fats...
... that provide important nutrients and are beneficial for brain health, such as olives, nuts, oily fish, and seeds.

Choose whole grains
...like brown rice, barley, oats and quinoa over refined grains, which are rich in fibre and nutrients that support digestive health and stabilise blood sugar levels.

Use Herbs and spices
Use herbs and spices liberally to add flavour to your meals. These add antioxidant compounds and enhance the taste of your dishes.
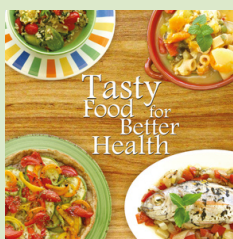
Stay hydrated
Drink plenty of water throughout the day. Hydration is essential for optimal brain function and overall health.

Our Resources

We have plenty of resources to help you on your healthy diet journey! Feel free to browse our website, or have a look at the links below

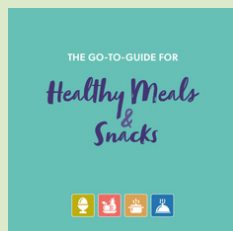### Tasty Food for Better Health
Click here for English Version
Click here for Maltese Version

My BBQ Book - The Healthy Way
Click here for English Version
Click here for Maltese Version

The Go-To Guide for Healthy Meals and Snacks
Click here for English Version

Fun and Healthy Recipes for School Lunches
Click here for English Version
Click here for Maltese Version

For more information about nutrition, click here.
For a full list of our recipe books, click here.
For professional nutrition advice, call **80073307**