

Healthy Catering

In the mood for good gut food? These recommendations from Mood Food will help you provide delicious food to your employees or guests that support the gut-brain connection!

The team at Mood Food is dedicated to educating, empowering, and inspiring people to eat foods that improve mental health. This resource has been developed by accredited practising dietitian's to help make healthy choices, easy choices.

We want to show you that providing healthy options doesn't have to be a challenge and simple changes – think less sugar, lower fat, and more fibre – can make a big difference.



BAKING

It's all about increasing the amount of fibre!

- Use wholemeal flour instead of white flour
- Substitute ¼ cup of flour for a combination of LSA and 1 tablespoon of psyllium husk

Reduce the amount of sugar in the recipe by:

- Using less! If the recipe asks for 1 cup use 2/3 cup instead
- Adding fruit: puree pears (leaving the skin on), mash bananas, add fresh or frozen berries

Include healthy fats by:

- Swapping butter for lightly flavoured extra virgin olive oil e.g. *replace 250g of butter with 200mls of extra virgin olive oil.*
- Adding nuts or LSA



CATERING

Request

- Wholemeal sandwiches (no white bread or wraps) with plenty of salad
- Fruit platters
- Quiches
- Rice paper rolls
- Sushi
- Wholemeal crackers or vegetable sticks with hummus, tzatziki, guacamole
- Wholemeal muffins

Avoid

- Anything deep fried
- Pastries e.g. sausage rolls and pies
- Donuts, brownies, caramel slices, iced buns
- Soft drinks



GET CREATIVE

What about a smoothie station? This is always goes down well!

We recommend having two Nutri-bullets going at a time. Below is our favourite recipe, which includes our secret weapon...green peas!

Or, you can organise a BBQ with a healthy twist! Once you try it, you'll never go back.

- Try either chicken breast, sizzle steak or veggie patties served on wholemeal buns with cheese, tomato, avocado salad leaves, grated carrot and beetroot.
- You could also simply serve sausages on brown bread with BBQ onion and fresh rocket