

# food and mood

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the Food and  
Mood Project

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## The promise of functional foods

By Amanda Geary



### Could we soon see 'tranquilizer treats' or 'anti-psychotic snacks' for sale at the supermarket?

Well, probably not – yet – but already we can buy drinks 'designed to boost alertness' as well as cuisine that caters for more physical needs such as improved digestion or heart protection. Caffeine-containing carbonated beverages, yoghurts providing a daily dose of beneficial gut-boosting bacteria and spreads with cholesterol-lowering plant sterols are apparently enjoying healthy sales figures. Food manufacturers are continuing to tempt us with the promises of these 'functional foods', and our appetite for an enhanced eating experience may not yet be satisfied.

Caring for emotional and mental health with good food can take a certain amount of time and effort – trying out new and different ways of

eating, for instance, may mean you need to shop or prepare food differently as well. But the appeal of functional foods is that they can take the fuss out of health-conscious eating and provide health-promoting and apparently nutritious produce without all that effort. Healthy eating on a plate, literally? Perhaps.

*Once upon a time it was possible to tell the difference between a recipe for biscuits and one for fish sauce*

### Blurring the boundaries

A functional food is defined as a food with health-promoting benefits and/or disease-preventing properties over and above its usual nutritional

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### FROM THE EDITOR

This issue marks the start of *Food and Mood's* second year of life and we continue to receive your praise and appreciation for this newsletter. As a not-for-profit organisation, the Food and Mood Project has managed to be self-sustaining without external funding due to the support of people like you – our newsletter readers. Thanks to all those who have voted with their cheque books and subscribed to the newsletter for another 12 months; those who haven't yet subscribed for year two – we need you as well!



Meanwhile, enjoy this issue ...  
*Amanda Geary*  
Food and Mood Project Founder

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Explore the relationship between what you eat and how you feel