

Food and Mood

A Mediterranean Diet Inspired Recipe Book

By Mood Disorders Unit





Contents Page

DESCRIPTION	PAGE NO.
Mediterranean Diet and Mood Disorders	2
What is the Mediterranean Diet?	3
Recipe 1: Pizza	4
Recipe 2: Poppiah	5
Recipe 3: Open Sandwich	6
Recipe 4: Stir-Fried Bee Hoon	7
Recipe 5: Fried Rice	8
Recipe 6: Laksa	9
Recipe 7: Instant Noodles	10
Recipe 8: Chickpea Curry	11
Recipe 9: Pumpkin Stew	12
Recipe 10: Shakshuka	13
Recipe 11: Vegetable Macaroni Soup	14
Recipe 12: Chicken Burrito	15
Contributors and References	16



The Mediterranean Diet & Mood Disorders

BACKGROUND

This is a project of the Mood Disorders Unit. It aims to advocate for and introduce a healthier diet that is proven through numerous research studies to be beneficial for persons with mood disorders.¹

Two-part cooking groups were run monthly with a Dietitian and Occupational Therapist to provide platforms for our clients to gain awareness of the benefits of the Mediterranean diet and create their own recipes either through a selection of a main ingredient or modifying their local favourite dishes.

Through the compilation of these recipes, it showcases the ease of modifying our everyday Singapore diet using the Mediterranean diet principles. Enjoy this book and try some of these recipes!

WHAT DOES RESEARCH SAY?

- ✓ Research suggests that the Mediterranean diet may positively impact biological processes in the body that are linked to anxiety and depression. Studies have suggest significant benefits in the reduction of depressive symptoms and improved rates of remission.²
- ✓ It has potential benefits in better global cognition, episodic memory, lower risk of cognitive impairment.³
- ✓ This diet can lower risk of cardiovascular diseases and many other chronic diseases.¹
- ✓ Overall, it is beneficial not only for persons with mood disorders but for the healthy population too.

¹Ventriglio, A., Sancassiani, F., Contu, M. P., Latorre, M., Di Salvatore, M., Fornaro, M., & Bhugra, D. (2021). Mediterranean diet and its benefits on health and mental health: A literature review. *Clinical Practice and Epidemiology in Mental Health*, 17(1).

²Opie, R. S., O'Neil, A., Jacka, F. N., Pizzinga J. & Itsiopoulos, C. (2018). A modified Mediterranean dietary intervention for adults with major depression: Dietary protocol and feasibility data from the SMILES trial. *Nutritional Neuroscience*, 21(7), 487-501. doi: 10.1080/102845X.2027.1312841.

³Guasch-Ferré, M., & Willett, W. C. (2021). The Mediterranean diet and health: A comprehensive overview. *Journal of internal medicine*, 290(3), 549-566.

What is Mediterranean Diet?

1 Increase

- Wholegrains
- Fruits
- Vegetables
- Beans
- Legumes and Nuts
- Healthy fats (use of olive oil)

2 Moderate

- Seafood/Fish
- Poultry/Egg
- Low fat dairy products

3 Less

- Red Meat
- Low fat
- Low sugar



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RECIPES AHEAD!

In the following pages to come, you will find nourishing and healthy local options, customised to the style of the mediterranean diet!

LEGENDS:

APPROXIMATE COST OF INGREDIENTS:

\$: Less than SGD 5

\$\$: SGD 5-15

\$\$\$: SGD 15 and above



Recommendations given by our dietitians



Some tips for healthier options when eating out



Pizza

20 minutes • Makes 2 servings

Cost: \$\$

INGREDIENTS

- 1 Whole Meal Wrap
- 4 Fresh Button Mushrooms, diced
- ½ Bell Pepper, diced (any colour of choice)
- 1 Egg, scrambled
- 2 tbsp Salmon, diced
- 4 tbsp Tomato Pasta Sauce
- 2 tbsp Low Fat Mozzarella Cheese, sliced
- Chili Flakes (optional)
- Parsley Flakes (optional)



Dietitian Tips

This is great as a healthy party snack, customisable and fun to make with your guests!

Pan fry the remaining wrap with olive oil for some crispy tortilla chips! Season with your favourite spice of choice.

PREPARATION

1. Cut out 4 round circles from wrap. (Use base of cup to draw out circle if needed)
2. In a wok, add olive oil and stir fry mushrooms, bell pepper, egg and salmon in separate portions.
3. Lay out each cooked ingredient into bowls.

Allow for guests to assemble their own pizza wrap:

1. Spread a layer of pasta sauce.
2. Add choice of cooked ingredients.
3. Top it off with a layer of cheese.
4. Place in toaster of 180 degrees celsius or till cheese is melted.



Eating out? We got you!

Select pizzas with more vegetables and fresh ingredients. Be mindful of the amount of cheese you add on top!



Popiah

20 minutes • Makes 2 servings

Cost: \$\$

INGREDIENTS

- 4 Popiah Skin (2 each)
- 4 tbsp Lettuce, sliced
- 4 tbsp Carrots, grated
- 4 tbsp Pre-made Popiah Filling
- 1 tsp, Grounded Peanuts
- 1 Egg, Hardboiled, chopped

For sauce:

- ½ tsp Sweet Sauce
- ½ tsp Honey
- ¼ tsp lime (optional)



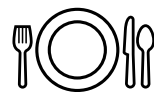
Dietitian Tips

Make your own popiah filling to control the amount of salt added.

Almonds, pecans and walnuts are good alternative options instead of peanuts!

PREPARATION

1. Heat up pre-made popiah filling.
2. On a flat surface, place 2 popiah skin and spread a thin layer of sauce.
3. Add lettuce, carrots, hardboiled eggs, filling and top it with ground peanuts.
4. Fold in both sides of popiah skin, and roll forward to wrap, ensuring that ingredients are wrapped tightly.



Eating out? We got you!

Request for less sauce, less fried crispy tempura bits (if any), more vegetables.



Open Sandwich



Dietitian Tips

Try avocado or olive oil spread for a healthier twist.

Use Salmon Spread instead of smoked salmon to save on cost.

20 minutes • Makes 2 servings

Cost: \$\$\$

INGREDIENTS

- 4 Slices of Whole Meal Bread
- 8 Slices Smoked Salmon
- 4 pcs of Lettuce
- 2 Medium Sized Tomatoes, sliced
- 4 Egg, scrambled
- 2 tbsp Cream Cheese Spread
- 1 tbsp Lemon Juice
- Spring Onions (optional)
- Pepper (optional)
- Coriander (optional)
- Dill (optional)

PREPARATION

1. Toast bread in oven at 180 degrees celsius for 3min or till bread is crispy.
2. Start to layer your sandwich by placing ingredients on to bread. Starting with a layer of spread, lettuce, tomato, eggs, smoked salmon.
3. Drizzle some lemon juice, spring onions and top it with herbs.



Eating out? We got you!

Select sandwiches with whole foods such as eggs and vegetables. Try to avoid processed foods like ham.



Stir-Fried Bee Hoon

30 minutes • Makes 4 servings

Cost: \$\$

INGREDIENTS

- 200g of Dried Bee Hoon
- 100g Cabbage, chopped
- 100g Xiao Bai Cai, chopped
- 2 Medium Bell Peppers, sliced
- 1 Medium Carrot, sliced
- 100g Salmon, diced
- 8 Fresh Shitake Mushroom, sliced
- 1 Medium Red Onion, cubed
- 2 tbsp of Olive Oil
- 2 tbsp of Light Soy Sauce
- Fried Shallots (optional)



Eating out? We got you!

Choose white bee hoon, as it usually has less sodium than the brown soy-sauce versions.



Dietitian Tips

Consider using whole meal bee hoon instead of the regular ones.

PREPARATION

1. Place bee hoon in warm water 10 minutes or till softened.
2. In a heated wok, pan fry salmon and set aside.
3. Using the same wok, sauté onions. Add carrots, mushroom, cabbage, bell pepper, xiao bai cai.
4. Stir fry bee hoon with cooked ingredients and mix well.
5. Add sauce to taste, garnish with fried shallots.



Fried Rice

30 minutes • Makes 4 servings

Cost: \$

INGREDIENTS

- 2 Cups of Rice
- 100g Cabbage, chopped
- 100g Mixed Vegetable
- 4 tbsp Pineapple, cubed
- 4 Eggs, scrambled
- 4 Cloves of Garlic, chopped
- 1 Medium Red Onion, chopped
- 2 tbsp Olive Oil
- 2 tbsp Light Soya Sauce
- 1 tsp Pepper
- Paprika (optional)
- Spring Onion (optional)
- Chinese Celery (optional)



Dietitian Tips

Try having a mix of brown and white rice.

Reduce the need for soy sauce by experimenting with different herbs and spices! Paprika gives a nice smoky, spicy flavour.

PREPARATION

1. Cook rice, preferable overnight rice.
2. Heat olive oil in a wok and sauté onion and garlic.
3. Cook cabbage. Stir fry rice with mixed vegetable, pineapple.
4. Drizzle eggs over fried rice and mix well over high heat.
5. Add light soya sauce, pepper and paprika to taste. Garnish with chinese celery.
6. In the same wok, fry additional eggs sunny side up.



Eating out? We got you!

Add an extra serving of meat and vegetables to make this dish more balanced.



Laksa

30 minutes • Makes 4 servings

Cost: \$\$

INGREDIENTS

- 200g Whole Meal Kuay Teow
- 200g Kangkong, chopped
- 8 Fresh Shitake Mushroom, sliced
- 200g Seabass, sliced
- 8 Medium Sized Prawns
- 100ml Skimmed Coconut Milk
- 4 Eggs, hardboiled
- Laksa paste (any brand of choice)
- Sambal Chili (optional)
- Laksa leaves (optional)



Dietitian Tips

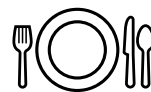
Replace taupok with mushrooms to get extra dietary fibre.

While skimmed coconut milk is lower in saturated fat, fresh milk is also another option!

For the laksa paste, choose brands with lower sodium and fat or make your very own.

PREPARATION

1. In a heated pan, sauté laksa paste and add coconut milk with water till desired consistency.
2. Add kangkong and mushroom.
3. Add seabass and prawns.
4. Lastly add kuay teow and simmer till all ingredients are cooked.
5. Separately, slice hard boil eggs into half.
6. Garnish with laksa leaves and sambal for additional spice.



Eating out? We got you!

Try not to finish all the soup, as dishes prepared outside are often high in sodium.



Instant Noodles (Modified)

15 minutes • Makes 1 serving

Cost: \$

INGREDIENTS

- 1 pkt of Instant Noodles
- 50g Spinach, chopped
- 50g Enoki Mushroom, chopped
- 2 Fish Balls
- 1 Egg
- ½ pkt Seasoning
- 1 Medium Sized Green Chili, chopped (optional)
- 1 pc Otah (optional)
- 2 pcs Seaweed (optional)
- Spring Onions, chopped (optional)



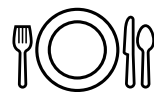
Dietitian Tips

Purple wheat noodles contain higher amounts of wholegrain as compared to regular instant noodles.

Adding mushrooms, spinach and seaweed makes this dish flavorful and nutritious!

PREPARATION

1. Follow cooking instructions on instant packet. Noodles can be either cooked soup or dry.
2. Add spinach, mushroom and fish balls
3. Add egg, cook till desired consistency.
4. Consider using ½ packet of seasoning for flavour.
5. Add extra flavour by adding green chilli, otah, seaweed and spring onions.



Eating out? We got you!

If having soup noodles, leave the soup behind as the soup is often high in sodium.



Chickpea Curry



Dietitian Tips

Pair this dish with a bowl of brown rice to enjoy!

45 minutes • Makes 4 servings

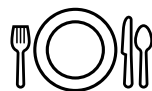
Cost: \$\$

INGREDIENTS

- 2 Cans Chickpeas, drained (240g each)
- 3 Medium Carrots, sliced
- 8 Fresh Shitake Mushrooms, sliced
- ½ can Cream of Chicken Campbell soup (290g)
- 5 pcs Tofu Puffs, sliced
- 1 Medium Red Onion, chopped
- 4 Cloves of Garlic, chopped
- 2 tbsp Garam Masala
- 2 tbsp Olive Oil
- Green/Red Chilli (optional)
- Coriander (optional)
- Chili Powder (optional)

PREPARATION

1. Heat oil in frying pan. Add in onions, garlic, garam masala, chilli and chilli powder. Stir fry till cooked and well mixed.
2. Add carrots, mushroom, tofu puffs and chickpeas.
3. Add Campbell soup and water. Simmer till vegetables are cooked.
4. Garnish with coriander.



Eating out? We got you!

Choose dahl or fish curry instead of mutton for a healthier swap.



Pumpkin Stew



Dietitian Tips

Try toasting the pumpkin seeds with some olive oil, pepper and yellow onions for a light snack!

45 minutes • Makes 4 servings

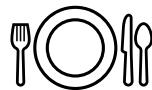
Cost: \$\$

INGREDIENTS

- 200g Chicken Breast, sliced
- 300g Pumpkin, sliced
- 200g Fresh Button Mushroom, sliced
- 250g Broccoli, chopped
- 1 Medium Carrot, cubed
- 3 Medium Tomatoes, cubed
- 1 Large Yellow Onion, sliced
- 4 Cloves of Garlic, diced
- 2 tbsp Olive Oil
- 4 pieces Dinner Roll

PREPARATION

1. Prepare the pumpkin by removing seeds and skin.
2. Blend pumpkin and tomato till purée texture.
3. In the heated wok, sauté onions and garlic.
4. Add broccoli, mushroom and carrot.
5. Add minced chicken to the mix.
6. Add the puréed pumpkin into wok and stir fry till well combined.
7. Toast dinner rolls to serve.



Eating out? We got you!

Pumpkin has a sweet earthy flavour. Explore pumpkin dishes such as pumpkin soup and stir-fried pumpkin.



Shakshuka

45 minutes • Makes 4 servings

Cost: \$\$

INGREDIENTS

- 1 Medium Egg Plant, sliced
- 1 Medium Zucchini, sliced
- 2 Medium Tomatoes, cubed
- 300g Chicken, minced
- 1 Can Button Mushroom, sliced
- 4 Cloves of Garlic, chopped
- 2 Medium Yellow Onions, chopped
- 2 tbsp Olive Oil
- 4 Slices Low Fat Cheese
- 4 Eggs
- 8 Baguette, slices
- 1 tsp Cumin, Paprika
- 1 tsp Chilli Powder (Optional)
- ¼ tsp Salt, Pepper (Optional)



Dietitian Tips

Tomatoes are a good source of lycopene, a powerful anti-oxidant!

PREPARATION

1. In the heated pan, sauté onions and garlic. Stir fry the chicken.
2. Separately, stir fry eggplant, zucchini, and fresh tomatoes.
3. Add mushroom.
4. Add in pasta sauce and spices (Cumin, paprika, chilli powder, pepper and salt) to taste.
5. Create small holes in pan and pour in eggs.
6. Cover pan with lid and simmer for 3 minutes or till eggs are of desired doneness.
7. Add cheese and parsley.
8. Serve with toasted baguette.



Eating out? We got you!

Shakshuka is typically served with bread. Ask for wholemeal options if available!



Vegetable Macaroni Soup

1 hour • Makes 4 servings

Cost: \$

INGREDIENTS

- 200g Macaroni
- 100g Soya Bean
- 4 Medium King Oyster Mushroom, sliced
- 2 Medium Carrot, diced
- 100g Cabbage, sliced
- 1 pkt Tofu, cubed
- 2 Corncob, halved
- 2 Medium Tomato, cubed
- 4 Eggs
- 2 tbsp Olive Oil
- 1 Medium Yellow Onion, Diced
- Spring Onion (Optional)
- Pepper (Optional)
- Large lime (Optional)
- Chilli Flakes (Optional)



Dietitian Tips

These ingredients and spices add so much flavour to the soup, that salt is not needed in this dish.

PREPARATION

1. Boil soya beans in water, pre-cook macaroni.
2. In a heated wok, stir fry yellow onion, carrot, mushroom, cabbage and tofu. Add spices for flavour.
3. Add stir fried vegetables into soup. Add corn, tomato and boil to soya beans are softened.
4. Add egg gradually into soup, while stirring consistently.
5. Add lime, chilli flakes and pepper to taste.
6. Garnish with spring onion



Eating out? We got you!

Macaroni soup outside often have little to no vegetables. Order an extra vegetable to have on the side!

Chicken Burrito



Dietitian Tips

This dish is high in protein and dietary fibre, making it a good snack or a light meal

30 minutes • Makes 2 servings

Cost: \$

INGREDIENTS

- 4 Whole Meal Wraps
- 200g Chicken, sliced
- 3 Medium Tomatoes, cubed
- 2 tbsp of Corn
- 1 Medium Bell Pepper, diced
- 1 Can of Button Mushroom, sliced
- 4 pcs of Lettuce
- 4 Eggs, scrambled
- 2 tbsp Olive Oil
- 1 Medium Red Onion, chopped (optional)
- Coriander (optional)
- Cheese, grated (optional)

PREPARATION

1. Heat the oil in frying pan. Add onions, chicken. Stir fry till chicken is golden brown.
2. Add bell pepper, tomatoes, mushroom, corn. Stir fry till cooked and well mixed.
3. In a separate pan, add oil and scramble eggs.
4. Assemble all ingredients in the middle of the wrap starting with lettuce as the base.
5. Fold in both sides of the wrap and then roll to form a wrap.
6. Toast wrap for a warm serve.



Eating out? We got you!

Ask for less sauces and more vegetables!



Contributors



Clients from Mood Disorders Unit

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Team from Corporate Communications Department

Institute of Mental Health

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Thank you 😊

