

## Good Mood Food

Photo: SR



Ian Healey  
Editor-in-Chief

"Isn't it amazing what food can do to you? A piece of toast with some freshly imported Confiture au Lait (yes I've been dreaming of having it again for 7 years now) and some milky Chai Tea and suddenly the world feels like a better, friendlier, warmer, softer place..." This comment from my own dear wife got me thinking about what an important role food has to play in our day to day lives.

The obvious nutritional and physical strength giving roles cannot be ignored, but food also is often responsible for our spiritual wellbeing. Whether it's true or not that chocolate makes us happier or that coffee helps keep us awake, is not so important. Different people metabolize in different ways. But the perception that foods and beverages give us a particular boost is very interesting.

Good taste and texture are also beneficial here. Who has never paused to enjoy a particularly soft and creamy ice has never lived. I have a certain personal experience in this! Bad taste and the 'wrong' texture disappoint us and make us grumpy. Another

warning for manufacturers here; bad quality always comes back to haunt us.

The concept of reward is another aspect of 'mood food'. The waiting for something helps to make it special. My wife enjoyed her toast more than ever before, because she had waited so long for this particular spread. The waiting becomes a dream and a positive feeling to look forward to. On a different level, I think of children going shopping. A snack at the end of a job well done also contributes to a good mood.

For those of us fortunate enough to travel, the association of different foods with different places also brings about different moods. There are still enough foods which stay true to their local markets, or which are cooked in a particular place in a particular way, which make it a visit more special than it may otherwise be.

On my international travels I visit a lot of supermarkets and other stores. When I find something new, or something unique to that area, that always puts me in a good mood.

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