

Research shows healthy home cooking benefits people's mental health

HT Cafe · 23 Mar 2022 · 04

According to a new study, being confident in the kitchen is not only good for your taste buds, but it's also good for your mental health.



The research, led by the Edith Cowan University (ECU), was published in the journal, *Frontiers in Nutrition*. The study follows ECU's partnership with The Good Foundation and Jamie's Ministry of Food initiative, with a mobile food kitchen providing cooking classes in the community as well as at the University's Perth and SW campuses, throughout 2016 to 2018.

Researchers found those who participated in the program saw some significant improvements in general health, mental health and subjective vitality immediately after the program which remained six months after completing the course.

Lead researcher Dr Joanna Rees said the study showed the importance of diet for mental health.

"Improving people's diet quality can be a preventive strategy to halt or slow the rise in poor mental health, obesity and other metabolic health disorders," she said.

However, the study showed participants' mental health improved despite their reported diet not being found to have changed after completing the program.

Also, the mental health benefits were equal among participants who were overweight or obese, and those in a healthy weight range.

"This suggests a link between cooking confidence and satisfaction around cooking, and mental health benefits," Dr Rees said.