

TIM SPECTOR

Good Mood Food

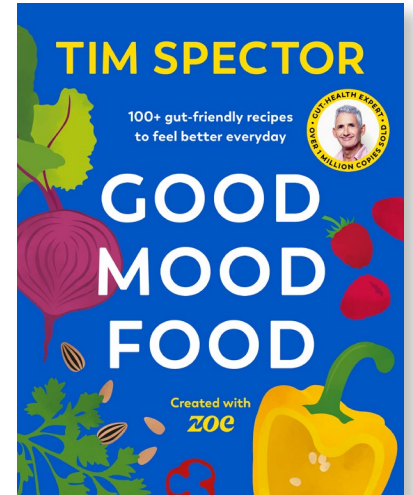
with Dr Federica Amati | Recipes by Kathryn Bruton

HB • 9781787336476 • £30 • 22 OCTOBER 2026

The groundbreaking new cookbook from scientist, No.1 bestselling author and ZOE co-founder, Tim Spector. *Good Mood Food* shows how what we eat shapes how we feel, think and age.

'I want to share what I've learned about how we can all achieve better mood, increased energy levels and long-term brain health, through delicious, easy, satisfying recipes — all grounded in the latest science'

TIM SPECTOR



For centuries, medicine has treated body and mind as separate concerns. But a revolution is underway: the science is now clear that what we eat directly affects how we feel, and the long-term health of our brains.

In *GOOD MOOD FOOD*, Professor Tim Spector — epidemiologist, microbiome pioneer, and the UK's most trusted voice in nutrition science — reveals the powerful connection between gut and brain. When we nurture our gut microbiome with varied, plant-rich food, we can improve our energy, day-to-day mood, mental health, and cognitive resilience as we age.

The recipes in *GOOD MOOD FOOD* are designed to support whole-family health, with targeted ideas for protecting brain health over time, reducing the risk of future cognitive decline, and supporting those already experiencing symptoms. They also offer faster benefits: boosting mood and energy within days when dealing with work stress, family pressures, low mood or anxiety. And for children — at the critical window when neural connections are forming — these recipes could make a meaningful difference.

Over 100 delicious, budget-friendly recipes, with easy swaps and top-ups, spanning:

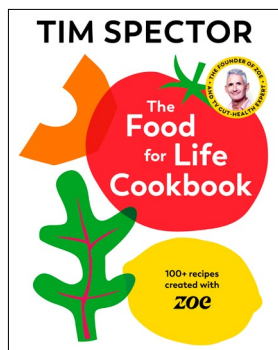
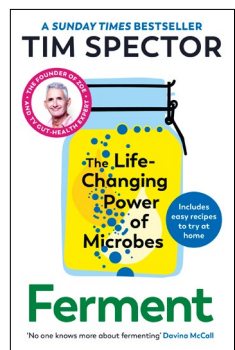
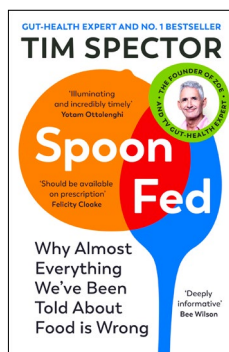
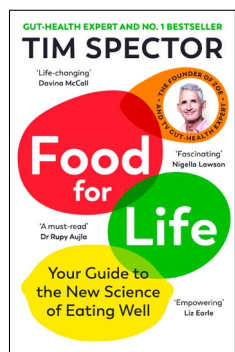
- **Hero Recipes** — Tim's Rainbow Salad Dressings, Kimchi Mayo, Chilli Pickle Sauce
- **Mindful Mornings** — Green Eggs No Ham, Positivity Porridge
- **Energising Lunches** — Cheese and Kimchi Toastie, Mackerel, Mushroom and Lentil Lunchbox
- **Nourishing Soups** — Spicy Beetroot and Ginger Soup, Pearl Barley Minestrone
- **Bright and Bold Mains** — Tim's Fish & Chips, Sardine and Courgette Linguine
- **Comforting Mains** — Mushroom and Lentil Bolognese, Quick Chickpea and Tomato Curry
- **Feasting** — Super Greens Lasagne, Stuffed Aubergine Traybake
- **Smart Snacks** — 3 Easy Pâtés, Cheesy Seeded Scones, Chocolate Pecan Bites
- **Desserts** — Easy Peasy Yoghurt Cake, Juno's Pavlova

From 15-minute meals to weekend batch cooking, cupboard raids to on-the-go lunches — *GOOD MOOD FOOD* makes eating better feel effortless and genuinely pleasurable.



TIM SPECTOR, MD, is Professor of Epidemiology at King's College London and one of the world's leading scientists. He is the bestselling author of *The Diet Myth*, *Spoon-Fed*, *Food for Life*, *The Food for Life Cookbook* and *Ferment*, and scientific co-founder of ZOE, the gut health company. A pioneer of microbiome research, he is among the top 100 most cited scientists in the world and was awarded an OBE for his contributions during the COVID-19 pandemic. His Channel 4 documentary series *What Not to Eat* (January 2026) achieved record viewing figures with more TV to come.

[instagram.com/tim.spector](https://www.instagram.com/tim.spector)



For recipe extracts and interviews please contact Sarah Bennie PR: sarah@sarahbennie.com

GOOD MOOD FOOD

TIM SPECTOR, 100+ gut-friendly recipes to feel better every day, created with ZOE

Published 22nd October 2026 by Vintage

A maximum of three recipes may be used free of charge.

All recipes and images must be accompanied by the following credit line:

Extracted from Good Mood Food by Tim Spector (Jonathan Cape, £30). All photography by Issy Croker.



Courgette, Lentil and Halloumi Fritters (v)



Spicy Beetroot and Sauerkraut Soup (v or vg)



Stuffed Aubergine Traybake (v or vg)



Fragrant Thai Green Curry (v or vg)



Fish Traybake with Miso, Tomatoes and Black Beans



Mushroom and Hispi Cabbage Pappardelle (v or vg)



Cheesy Seeded Scones (v)



Peanut Butter, Chia Jam and Chocolate Pecan Bites (v or vg)



Juno's Pavlova (v)



Easy Peasy Yoghurt Cake (v)



For further information, interviews, publicity recipes please contact Sarah Bennie on sarah@sarahbennie.com | 07799 416932 | @sbennie

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