

MOOD FOODS

How Nutrition Can Affect Wellbeing

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There is a lot to think about.....

- When
- Where
- How
- Why
- With Who
- What

It all can affect your mood.....

When

- Breakfast?
- Timing between meals
 - Several small meals, 3 squares, 1 per day?
- Whenever you see food?
- Late at night
- No schedule at all

Where

- Out at restaurants
- In front of T.V.
- At your desk (home or work)
- In the car
- At the dining table

How

- Sitting Down
- As you work
- Fast
- Slow

Why

- You're hungry
- You're tired
- Because the clock says it's time
- Bored
- Stressed
- Emotional
- Because someone just brought food

With Who

- By yourself
- With family
- With coworkers/friends

What

- Carbohydrates

- Can increase serotonin which produces a calming affect. Stressed out = eating cookies, chips etc.
- Doesn't work as well when mixed with other foods
- Fat and sugar can trigger endorphin release, therefore sending pleasure signals to the brain.
 - Chocolate anyone?

What

- Omega 3 fats
 - Decreases inflammation, lack of accelerates cerebral aging. Can change mood, depression, dementia
- Folate
 - A deficiency impacts production and function of neurotransmitters (serotonin, dopamine, norepinephrine)
- Vitamin B6
 - A Cofactor in the production of serotonin

What

- Vitamin D
 - Found to enhance mood in seasonal affective disorder. The sunshine vitamin shouldn't be lacking in winter.
 - Zinc
 - An association between low zinc and depression, which improved after zinc taken
- Others: selenium, iron, iodine, B12

Other tidbits

- Research for 90 years
- Nutrients don't work alone in any body process.
- Beware, Energy = calories
 - Increased calories does not mean more alert.
- Many studies show links, but aren't conclusive.
- Remember the old food groups?

Food Groups

- Grains 6-11
- Proteins 6 oz.
- Fruits 2-3
- Veggies 2-4
- Dairy 2-3

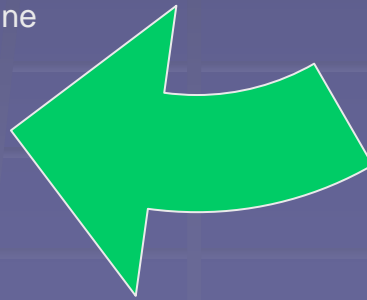
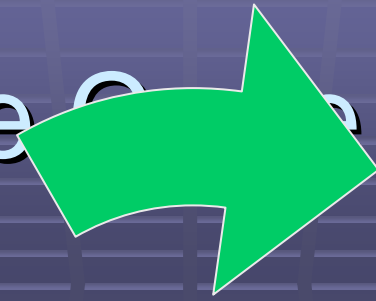
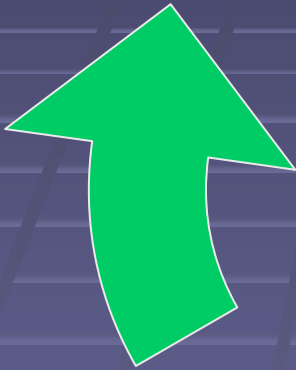
The Cycle

Crash

Stressed

Eat sugar and caffeine

Lack sleep





So what should the cycle be?

Love and joy

Sleep well

Play and laugh

Eat right

Work hard

Exercise Daily

