



## FOOD AND MOOD

WHAT YOU EAT CAN AFFECT HOW YOU FEEL. THAT'S BECAUSE FOODS CONTAIN SUBSTANCES THAT RELEASE CERTAIN CHEMICALS IN THE BRAIN. KNOW THE THREE RULES OF FOOD AND MOOD:

1. PERK UP WITH PROTEIN- HIGH PROTEIN FOODS CAN INCREASE ALERTNESS AND ACTIVITY, MAKING PROTEINS A GOOD CHOICE FOR LUNCH OR AFTERNOON SNACKS. EXAMPLES ARE SKINLESS POULTRY, FISH AND LEAN MEATS; LOWFAT YOGURT; LEGUMES SUCH AS PEAS AND BEANS; NUTS AND SEEDS.
2. CALM DOWN WITH CARBS-CARBOHYDRATES BOOST THE BRAIN CHEMICAL SEROTONIN, WHICH HAS A SOOTHING EFFECT, MAKING CARBS HELPFUL WHEN YOU FEEL STRESSED. EXAMPLES ARE WHOLE GRAIN BREADS, CEREALS AND PASTA; POTATOES WITH SKIN; BROWN RICE; FRESH FRUITS AND VEGETABLES.
3. DON'T EAT TO CHEER UP – WHAT NUTRITION EXPERTS CALL EMOTIONAL EATING LEADS TO OVEREATING, AS “COMFORT FOODS” USUALLY FALL INTO STARCHY, SWEET, SALTY AND FATTY FOOD CATEGORIES.

TO FEEL BETTER ALL DAY: TRY SPACING MEALS THREE TO FOUR HOURS APART AND CHOOSING A MIX OF LOW-FAT PROTEIN AND HEALTHY-CHOICE CARBOHYDRATES FOR EACH MEAL.



MARIAN UNIVERSITY WELLNESS