

## 8 Tips for Managing Mood with Food

### 1. Eat regularly

- a. If blood sugar drops, you can feel tired, irritable, or depressed. Try foods that are high in protein and release energy slowly. Examples include: **nuts, seeds, oats, and whole grains.**

### 2. Make sure you are getting the right fats

- a. Your brain needs fatty oils like Omega 3 and Omega 6. Examples include: **oily fish, chicken, walnuts and almonds, sunflower or pumpkin seeds, avocados, milk, yogurt, cheese, and eggs.**

### 3. Increase your protein

- a. Protein has amino acids in it, and these are chemicals that your brain needs to help regulate thoughts and feelings. Protein also helps control blood sugar levels. Examples include: **lean meat, fish, eggs, cheese, legumes (peas, beans, lentils), nuts, and seeds.**

### 4. Drink more fluids

- a. If you are not hydrated properly, it may be hard to think or concentrate. **Water, herbal tea, and diluted fruit juice** are great choices.

### 5. Eat a rainbow of fruits and vegetables

- a. Vegetables and fruits contain minerals, vitamins, and fiber that we need to keep us both physically and mentally healthy. Having a variety of colors every day means you will get a good range of nutrients.

### 6. Cut down on caffeine

- a. Too much caffeine can make you feel anxious and depressed, disturb your sleep, or give you withdrawal symptoms when you stop suddenly. Try to avoid caffeine later in the day as well.

### 7. Pay attention to your gut

- a. Your gut and your brain use similar chemicals, so keeping your gut healthy can help keep your brain healthy. Examples of healthy gut foods include fiber rich foods such as: **fruits, vegetables, whole grains, and live yogurts.** Make changes slowly as it may take time for your gut to get used to new changes.

### 8. Are you intolerant?

- a. Food intolerances can affect both your mental and physical health. If you are worried you may be intolerant, contact a dietician or nutritionist. Any changes you make in your diet may take time for your body and your mind to get used to. If you are changing your eating pattern, it may take a while for you to start feeling the benefits.