

IT'S NOT JUST "WHAT" BUT ALSO "WHEN"

TWO THINGS TO REMEMBER:

1) *Eat a small meal or snack every three or four hours to keep your blood sugar levels steady.*



2) *Eat breakfast! Yes, breakfast really is the most important meal of the day.*



FEEDING NEGATIVE MOODS

Just as you can help your moods with the right nutrition, you can do just the opposite with poor diet. And it's easy to get trapped in a vicious cycle. For example, a stressful lifestyle can lead to a lack of sleep. A lack of sleeping might lead you to charging up on caffeine during the day and eating fast food on the run. Then you're liable to "crash" and need more sugar and caffeine. When you get home, you're tired, so instead of exercising perhaps you have a drink or two, and these things contribute to poor sleep. *And so it begins again.*

And Remember...

EAT ENOUGH PROTEIN.

DON'T SKIMP ON CARBS.

AVOID SIMPLE SUGARS.

GET YOUR FOLIC ACID.

KEEP YOUR FAT INTAKE DOWN.

AND KEEP YOUR ALCOHOL INTAKE TO A MINIMUM.

3.

and
DON'T FORGET THE WATER!



GET A QUICK BOOST

You can actually have a good shot at improving your mood pretty quickly with food. Call it a mood boost. Have an all-carb snack (E.G. HALF A WHOLE-GRAIN MUFFIN) and feel the difference quite rapidly. Carbs help your body produce serotonin, the brain chemical that gives you a lift but suppresses appetite. So don't cheat yourself on the complex carbs — just avoid simple carbs, like all the sugary snacks. Your brain will thank you for it.

LET'S TALK ABOUT OMEGA-3... AND SOME KEY VITAMINS

Omega-3 fatty acids are all the buzz these days. And why not? They've been shown to improve both memory and mood. Most experts believe that you should eat oily/fatty fish at least twice a week, but that can be pretty difficult to do. Try to get your 3s from other sources: **FLAXSEEDS, WALNUTS, CANOLA OIL, OR OMEGA-3-FORTIFIED EGGS.** Folate is another important nutrient that is found in: fortified whole-grain breakfast cereals, lentils, soybeans, beets, broccoli, black-eyed peas, oatmeal, mustard greens, sunflower seeds, wheat germ, and oranges. Nothing combats stress better than the B's, B6 and B12 available in: lean beef, fortified whole-grain breakfast cereal, cottage cheese, skim/1% milk, eggs, low-fat yogurt. Lastly, stock up on vitamin D in egg yolks, fortified soy milk, skim and low-fat milk.

YOU CAN QUOTE ME...

"Most people understand the link between what they eat and their physical health," says registered dietitian Elizabeth Somer, author of the book *Eat Your Way to Happiness*. "But the link between what you eat and your mood, your energy, how you sleep, and how well you think is much more immediate. What you eat or don't eat for breakfast will have at least a subtle effect by mid-afternoon, and what you're eating all day **WILL HAVE A HUGE IMPACT TODAY AND DOWN THE ROAD.**"



AND DON'T FORGET THE WATER

"Not drinking water is the first thing that will impact your mood," says Susan M. Kleiner, PhD, RD, and co-author of *The Good Mood Diet*. **WATER HAS VARIOUS MENTAL AND PHYSICAL BENEFITS.** And remember, the first sign of depression is fatigue.

FOOD & MOOD