

Foods That Help Your Mood



Eating well can help your mood by giving your brain vital nutrients it needs to make chemicals that effect your emotions, sleep, and concentration.



1 Low-fat protein

Helps produce dopamine, a brain chemical that impacts your mood and ability to focus*

*Fernstrom JD, Fernstrom MH. Tyrosine, phenylalanine, and catecholamine synthesis and function in the brain. J Nutr. 2007 Jun;137(6 Suppl 1):1539S-1547S; discussion 1548S. doi: 10.1093/jn/137.6.1539S. PMID: 17513421.

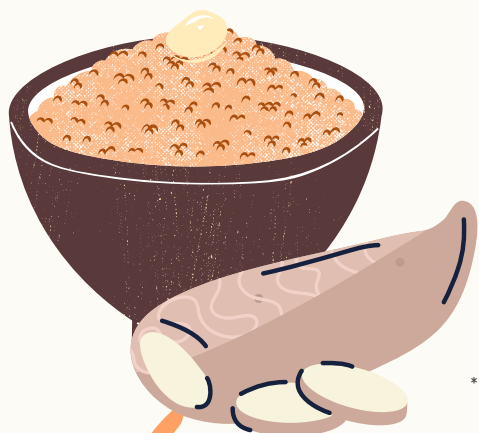


Beans, lentils, nuts
soy, seeds

2 Complex carbs

Used by the body to make serotonin, a feel-good brain chemical managing mood, sleep and helping reduce pain*

*Wurtman RJ, Wurtman JJ. Brain serotonin, carbohydrate-craving, obesity and depression. Obes Res. 1995 Nov;3 Suppl 4:477S-480S. doi: 10.1002/j.1550-8528.1995.tb00215.x. PMID: 8697046.



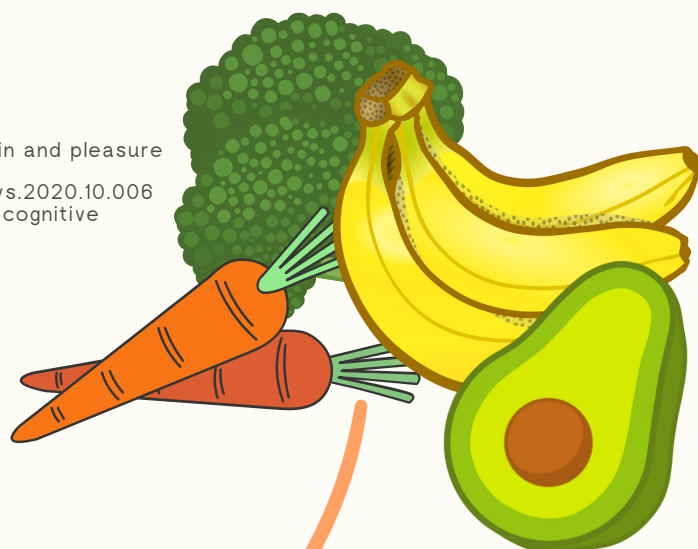
Brown rice, beans
quinoa, oats

3 Foods that increase endorphins

Endorphins help reduce pain, anxiety and depression. Exercise is also helpful*

*Mandy Choy, Suleika El Fassi, Jan Treur, An adaptive network model for pain and pleasure through spicy food and its desensitization, Cognitive Systems Research, Volume 66,2021,Pages 211-220, ISSN 1389-0417, https://doi.org/10.1016/j.cogsys.2020.10.006
*Nehlig A. The neuroprotective effects of cocoa flavanol and its influence on cognitive performance. Br J Clin Pharmacol. 2013 Mar;75(3):716-27. doi: 10.1111/j.1365-2125.2012.04378.x. PMID: 22775434; PMCID: PMC3575938.

Dark chocolate,
strawberries, spicy food
such as chili peppers



Colorful
produce

4

Fruits and Vegetables

Provide vitamins, antioxidants, and have been shown to increase happiness and sense of well-being*

*Redzo Mujcic and Andrew J.Oswald, 2016: Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables American Journal of Public Health 106, 1504-1510,https://doi.org/10.2105/AJPH.2016.303260

