

FOOD AFFECTS OUR MOOD

What we EAT can make a difference in our mental health....

Many of us experience anxiety and depression. Current events in our lives are amplifying those emotions. Here are ways to help your mind be more at ease and focused.

1 drink plenty of water

even mild dehydration can cause an unpleasant mood



1

2 love your good carbohydrate foods

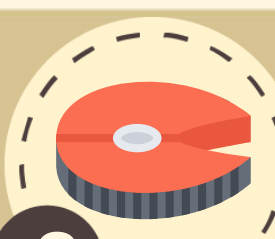
pasta, plantains, potatoes & all fruits are among high carbohydrate foods that help increase serotonin in your brain causing a sense of calm



2

3 eat protein

at your first meal & it may help you to feel more satisfied & keep your blood sugar in a good range; try eggs, nuts, beans or fish



3

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



HEALTHY OILS

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS

WHOLE GRAINS

HEALTHY PROTEIN

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



WATER

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE!

© Harvard University



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



4 dial down your caffeine

that includes coffee, tea, and sodas. Lots of caffeine can increase, over-stimulate, and possibly make you feel anxious



4

5 lots of sugars do not make a happy mind

fruit juices, fruit drinks, sugary pastries, and cereals can increase your risk for mood disorders



5

6 limit or avoid alcohol

the immediate effect of alcohol may be to relax, but it can also interfere with your sleep which may affect your mood



6



Do not start taking supplements to improve your mood, instead, start eating real food as suggested above in the "Healthy Plate" at least 3 times a day.



NW Bronx Food Justice Project



[nwbronxfoodjusticeproject](https://www.instagram.com/nwbronxfoodjusticeproject)

NW Bronx
Food Justice Project

<https://rssny.org/nwbronxfoodjustice>

Sources:

<https://www.health.harvard.edu/staying-healthy/healthy-eating-plate>

<https://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder>