

7 FOOD & MOOD RELATIONSHIPS

What we eat... and how we feel!

01

FOOD = CALORIES = ENERGY

Sudden spikes or crashes in energy can lead to mood swings.



02

VITAMIN D

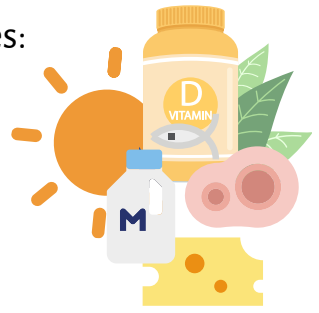
Supports healthy immune system, bones, and muscle function.

Most common source:

- Sunlight

Alternative Food Sources:

- Egg yolk
- Beef Liver
- Salmon (fatty fish)
- Fortified Foods
 - Orange Juice, Cereal, Yogurt

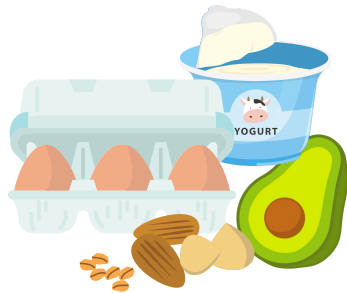


03

HEALTHY FATS

Provide sustained energy - prolonged digestion time. Fats aid in absorption of fat-soluble vitamins. Avoid saturated fats and focus on healthy fats:

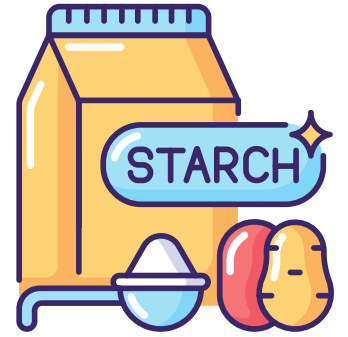
- Avocado
- Nuts
- Cheese
- Yogurt
- Eggs



04

STARCHES

- Starches with added sugar lead to sudden crash
- Energy Crashes = Mood Killer



05

SUGAR & CAFFEINE

- Leads to a momentary buzz followed by a blood sugar crash
- Resulting in a groggy and sluggish mood

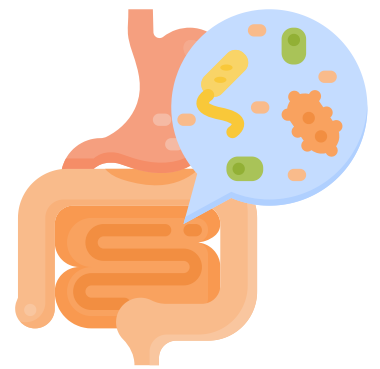


06

KEEP YOUR GUT HAPPY!

Consume probiotic rich foods:

- Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Tempeh



07

FRUITS & VEGETABLES RICH IN VITAMIN C ACT AS ANTIOXIDANTS TO SUPPORT A HEALTHY IMMUNE SYSTEM

- Bell Peppers
- Oranges
- Strawberries
- Broccoli
- Brussel Sprouts

