



Food and Mood

Getting the most from what you eat!

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The How

- ▶ Glucose levels affect brain function and energy level
 - ▶ High and low blood sugars cause mood changes
- ▶ Certain foods give longer lasting calories for use
- ▶ Nutrients in foods seem to have a positive affect on energy level and maintenance
- ▶ Nutrients may truly elevate your mood

The Basics

- Eat Breakfast
- Drink water
- Spread calories thru the day
- Include a variety of foods
- Enjoy some protein (preferably plant-based)
- Enjoy some carbohydrates (whole grain, less processed)
- Enjoy some healthy fats
- Coffee and tea are ok!



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What do we know for sure?

- Water – good hydration
- Well-spaced meals
- Omega 3 fatty acids
- Selenium
- Magnesium
- Tryptophan
- Vitamin D
- Folate

Omega-3 fatty acids

- Flaxseeds, flax oil
- Walnuts
- Canola oil
- If still eating animals: Fatty Fish – salmon

Associated with improvements in depression



Selenium

- ▶ Helps immune system function
- ▶ Antioxidant: prevents free radical damage
- ▶ Low levels associated with depression, irritability or mood swings
- ▶ Whole grains
- ▶ Beans
- ▶ Vegetables
- ▶ Nuts



Magnesium

- Low magnesium levels found in people who are depressed
- Almonds
- Spinach
- Avocado
- Cocoa powder



- Quinoa, brown rice
- Lentils, beans
- Whole grain cereals:
Oatmeal, Shredded Wheat
- Bananas

Tryptophan

- Aids with sleep cycle
- Helps with PMS
- Reduces Seasonal Affective Disorder
- Improves depression and anxiety symptoms – converts to serotonin – the ‘feel good’ neurotransmitter in brain

- Oats
- Soy
- Cashews, walnuts
- Peas
- If eating animals:
 - Turkey, chicken, pork, salmon, tuna
 - Eggs
 - Milk products



Vitamin D

- ▶ Deficiency related to poor mood and depression
- ▶ Need to get to normal level – may need supplementation
- ▶ Sun exposure helps
- ▶ Some mushrooms
- ▶ Fortified plant milks



SUNSHINE

Serotonin

- ▶ = Feel good hormone
- ▶ Folate provides building blocks for serotonin
 - ▶ Dark green leafys – think ‘foliage’
 - ▶ Beans, peas, lentils
- ▶ Healthy carbs increase serotonin



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Plant-based foods

- Meat-heavy diets linked with depression
- Most studies are small, but positive for WFPB
- Meat higher in arachidonic acid – pro-inflammatory
- WFPB higher in polyunsaturated fatty acids – less inflammatory
- Study in New Zealand found more fruits and veggies on your plate may contribute to more calmness and improved mood and happiness

When we are anxious, stressed, sad or glad...

- Severe depression may lead to not eating
- Mild stress or depression often leads to overeating or emotional eating
- Sometimes - we celebrate with food!

What are your
comfort foods?



Be in the moment

- Make healthier food decisions each time you eat
- Find activities you enjoy to boost your mood
- Friends, family, coworkers
- Make connections
- Workplace connections

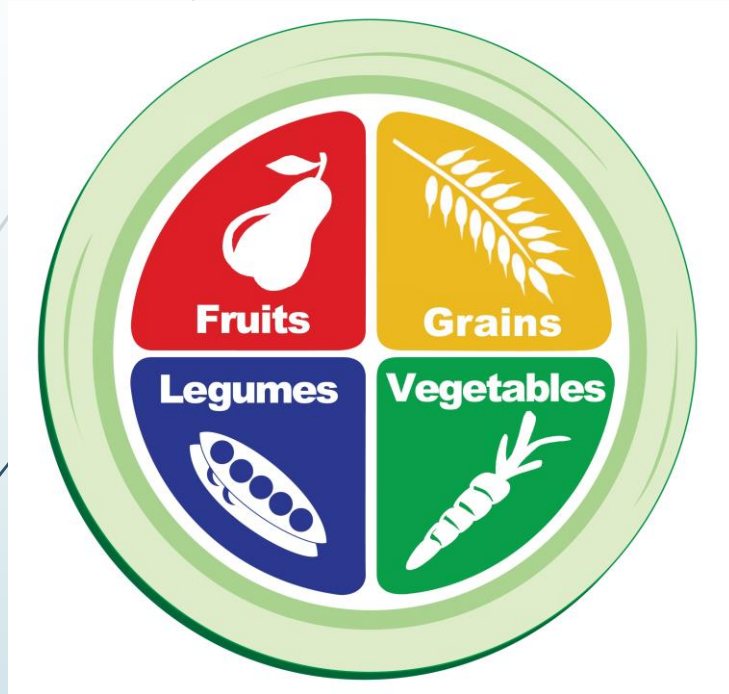


Healthy Balanced Eating



- Vegetables
- Fruits
- Whole Grains
- Beans and Legumes
- Plant based fats
- Water (limit alcohol)
- Milk or dairy alternatives
- (Animal Protein – if you must!)

The Plate Method



Daily Dozen

GBOMBS





What does a daily menu look like?

► Breakfast

- Protein, starch, veggie, fruit
- Whole grain hot or cold cereal, plant milk, fruit (maybe add some sweet potato or spinach?)
- Scrambled tofu, toast, fruit
- Whole grain waffle with peanut butter and fruit

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Lunch & Snack

- Lunch
 - Protein, starch, veggie, fruit
 - Sandwich with hummus & veggies, fruit
 - Salad with beans & lots of veggies, fruit
 - Soup & salad, fruit
- Snack: hummus and veggies

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Dinner

- Dinner

- Protein, starch, vegetable, fruit

- Burrito, salad, vegetable, fruit

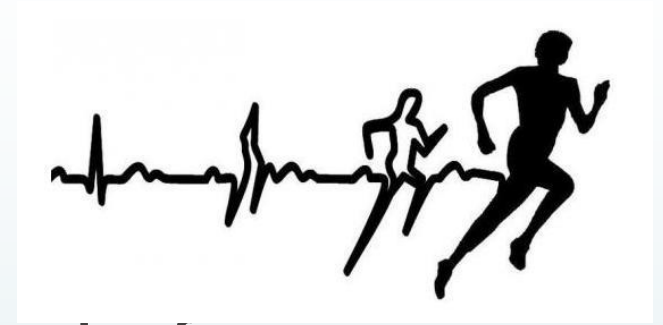
- Pasta with sauce, salad, fruit

- Tofu stir fry over brown rice, fruit

- Bean & Veggie soup, bread, fruit

Moving more to improve mood

- More moving, less sitting
- Hydrate
- Recognize feelings and mood – before, during, and after activity
- Aim for at least 150+ minutes/week
- Make it fun – play music, take a class, walk with a friend
- Track steps with technology



Sleep

Hunger - increased with less sleep

Benefits of improved sleep:

- Lower stress
- Improve muscle recovery
- Improved immune function
- Improved food choices???



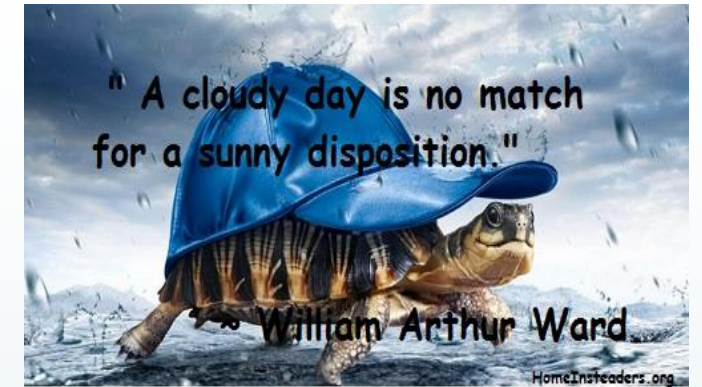
Reduce Stress

- Healthier foods=better decisions
- Balanced intake vs. overeating or undereating
- Cortisol levels (hormones) increase with stress which may make healthy eating more challenging and may lead to more belly fat



Environmental Control

- What can you do to improve your environment in order to promote your success at keeping a positive outlook?
 - Home
 - Work
 - Travel
 - Social events



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Consistency in Behaviors

- Create positive habits and routines
- Make meals easy – grab and go foods can be healthy too!
- Plan 3-4 standard breakfasts, lunches, and dinners, have ingredients on hand

Check in!

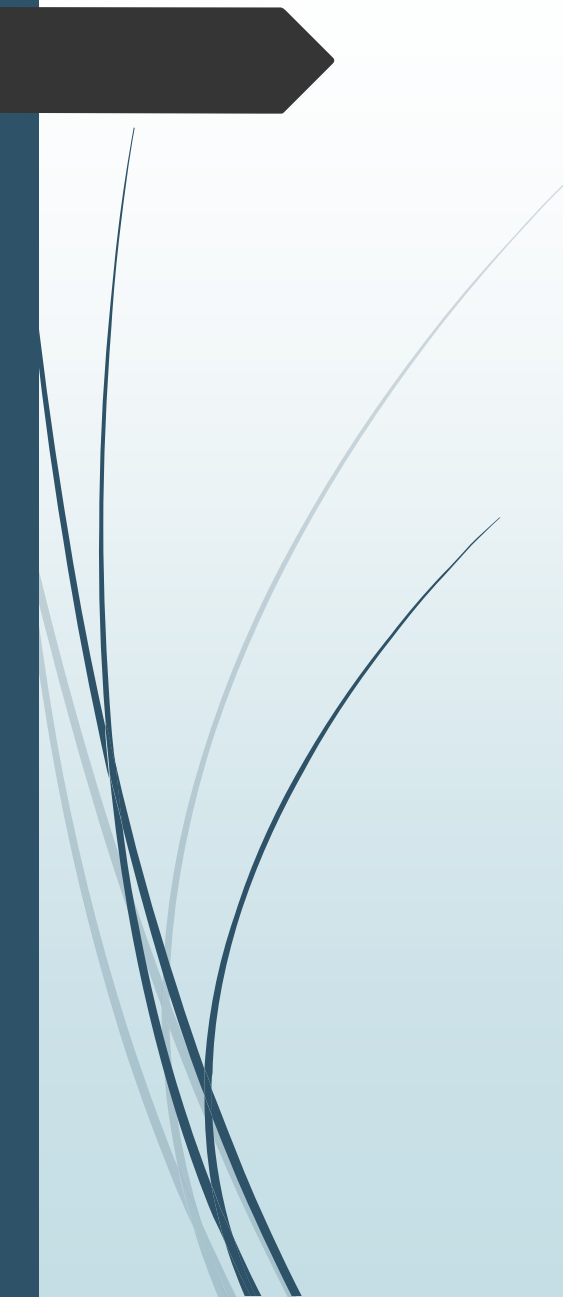
- SMART goals
- Weekly
- Daily
- Mood Journal
- Other indicators of change?
- What changes in your mood have you noticed?





Personal goals

- ▶ Make a plan and follow it
 - ▶ What will I need to do to reach this goal?
 - ▶ What problems might I encounter and how will I solve them?
- ▶ I will eat 5 servings of fruits and vegetables every day.
 - ▶ I will walk 5 days for 30 minutes each day.
 - ▶ I will write down everything I eat or drink for 3 days this week.
(Mon., Tues., Wed.)



~~“IT’S TOO COLD”~~

~~“IT’S TOO EARLY”~~

~~“IT’S TOO HOT”~~

~~“IT’S TOO LATE”~~

MAKE IT HAPPEN.

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motivation

When we feel self-confident, we are free to choose foods based on taste and their value to our body, soul, and mind.

My Recipes today: Cranberry Kale Pilaf & Latkes

- 1 cup brown rice
- 1 ¾ cups vegetable broth
- 1 small yellow onion, diced
- 12 ounces kale (about 5 cups)
- 3 or 4 garlic cloves, minced
- ½ tsp red pepper flakes
- ½ cup dried cranberries
- ¼ cup chopped cashews or other nuts (optional)



Baked Potato Carrot Latkes

- 1 ½ Tbsp ground flax seeds + 3 Tbsp water
- 4 medium-sized russet potatoes quartered
- 1 large carrot
- 1 medium onion quartered
- 1 tsp garlic powder
- ½ cup quick cooking oats
- ¼ cup oat flour (just blend up oats)
- ¼ tsp ground turmeric
- ¾ tsp sea salt (optional)
- ¼ tsp ground pepper



