



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!





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

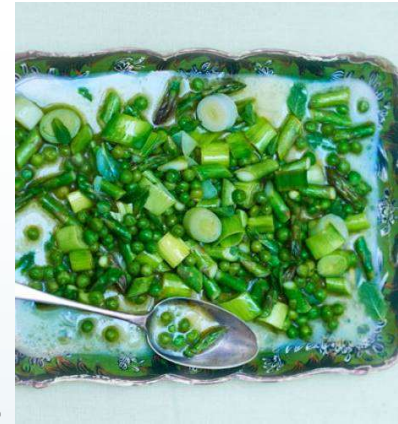
- ▶ Low magnesium levels found in people who are depressed
- ▶ Almonds
- ▶ Spinach
- ▶ Avocado
- ▶ Cocoa powder



- ▶ 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



Serotonin

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





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



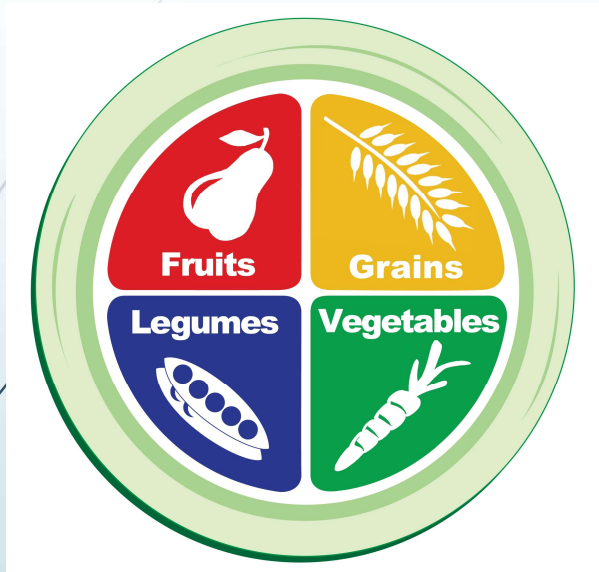
Healthy Balanced Eating



- 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

GBOMBS



Daily Dozen





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



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

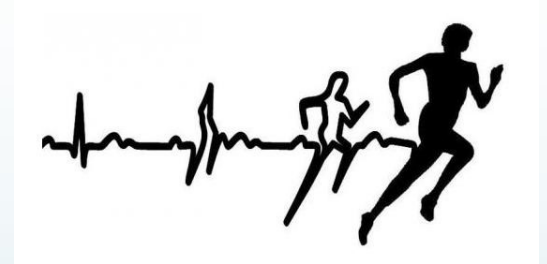


Dinner

- ▶ 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





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 Recipe today

► Veggie Soup

- 3 cups celery, chopped
- 3 cups carrots, sliced
- 2 cups red onion, chopped
- 4-5 cups potatoes* any variety, unpeeled, chopped into 1/2 in. cubes
- 4 cloves garlic, minced*
- 1 tsp chili powder, or more to taste
- ½ tsp dill weed
- ½ tsp mustard powder
- 1 tsp black pepper
- 28 oz can crushed tomatoes (no salt added)
- 14.5 oz can diced tomatoes (no salt added)
- 14.5 oz can tomato sauce (no salt added)
- 1.5 cups cooked kidney beans, (if canned, low sodium, rinsed)
- 1.5 cups cooked garbanzo beans, (if canned, low sodium, rinsed)
- 1.5 cups cooked black beans, (if canned, low sodium, rinsed)
- 1.5 cups corn, fresh, frozen or canned (if canned, low sodium, rinsed)
- 4 cups water*
- 2-4 cups leafy greens, well chopped* (optional, but HIGHLY recommended)



Thank You!

