



FUEL YOUR MOOD THROUGH FOOD

Evidence is growing that diet can be a powerful tool to influence our mood and even treat depression. By sticking to a routine of eating a balanced diet and following the tips below, overall happiness may be improved.

REDUCE INFLAMMATION Get Omega-3's

Elevated markers of inflammation have been found in the body and brains of people with mental health conditions. Omega-3 fatty acids are powerful anti-inflammatory agents. Eat fatty fish or seafood such as salmon, sardines or oysters, walnuts, chia seeds, flax seeds or soybeans regularly.

SUPPORT A HEALTHY GUT Increase Fiber & Probiotics

Emerging research suggests that our digestive tract can influence our mental state and brain function. Foods for gut health are high in fiber like vegetables, legumes, fruits, whole grains, nuts and seeds and probiotic-rich foods and beverages such as yogurt, kefir, kimchi, miso and kombucha.

DECREASE OXIDATIVE STRESS Eat Antioxidants

Oxidative stress occurs when there is less antioxidants in the body to prevent free radicals from causing damage to fatty tissue, DNA and proteins. The brain tends to be exposed to higher amounts of oxidative stress. Eat these foods often: vegetables, fruits, whole grains, nuts, seeds, dark chocolate, extra virgin olive oil, coffee, tea and red wine.

BOOST NEUROTRANSMITTER PRODUCTION Consume B Vitamins, Vitamins C and E, Selenium & Magnesium

Neurotransmitters, serotonin and dopamine, carry signals between brain cells that involve mood, emotion and concentration. However, the brain cannot manufacture these neurotransmitters without B vitamins, vitamins C and E, and the minerals selenium and magnesium. Many of these nutrients are found in vegetables, fruits, nuts, seeds and fatty fish.

HOW CAN YOU INCORPORATE THESE FOODS?

**Adapt a mood-influencing
diet pattern:
Go Mediterranean!**

Quite possibly a gold standard for overall health, the Mediterranean diet is a plant-forward eating pattern loaded with all the above nutrients and good mood foods you need to support your mental well-being. For more information on the Mediterranean diet visit oldwayspt.org.

St. Charles AAA

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>	<p>Ham/Black-eyed Peas Rice Okra & Tomatoes Cranberry Juice Cornbread Little Debbie or Cookies Margarine</p>
5	6	7	8	9
<p>Beef Patty Pepper & Onion Gravy Garlic Potatoes Green Beans Wheat Bread Little Debbie or Cookies</p>	<p>Sausage & Pinto Beans Brown Rice Cabbage Pickled Beets Cornbread Cranberry Juice Margarine</p>	<p>Turkey Salad Tossed Salad Broccoli Raisin Salad Wheat Bread Chocolate Pudding Assorted Dressing</p>	<p>Beef Fiesta Mac Glazed Carrots Brussels Sprouts Wheat Bread Oreo Cookies</p>	<p>BBQ Bone-in Chicken Chuckwagon Corn Baked Beans Wheat Roll Pineapples</p>
12	13	14	15	16
<p>Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies</p>	<p>Baked Meatballs Brown Gravy Whipped Potatoes Venetian Vegetables Wheat Bread Fruit & Grain Bar</p>	<p>Ham & White Beans Rice Mustard Greens Pickled Beets Cornbread Orange Juice</p>	<p>Chili with Beans Whole Kernel Corn Peas & Carrots Saltine Crackers Pumpkin Bar</p>	<p>Turkey & Cheese Tossed Salad Broccoli & Onion Salad Wheat Bread (2 slc) Oreo Cookies Assorted Dressing Mustard Mayonnaise</p>
19	20	21	22	23
<p>Chicken Breast Lemon Sauce Carrots Whipped Potatoes Wheat Bread Little Debbie or Cookies</p>	<p>Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Orange Juice Mustard/Ketchup Mayonnaise Chocolate Milk</p>	<p>Chicken/Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake</p>	<p>Christmas Pork Roast Pork Gravy Whipped Sweet Potatoes Dirty Rice Fresh Orange Dinner Roll Gingerbread Cake Margarine</p>	<p>CLOSED</p>
26	27	28	29	30
<p>CLOSED</p>	<p>Beef Patty Mushroom Gravy Stewed Tomatoes Whipped Potatoes Wheat Bread Little Debbie or Cookies</p>	<p>Red Beans & Sausage Brown Rice Orange Juice Mixed Greens Cornbread Fruit & Grain Bar Margarine</p>	<p>Santa Fe Stew Rice Brussels Sprouts Wheat Bread Chocolate Chip Cookie</p>	<p>CLOSED</p>