

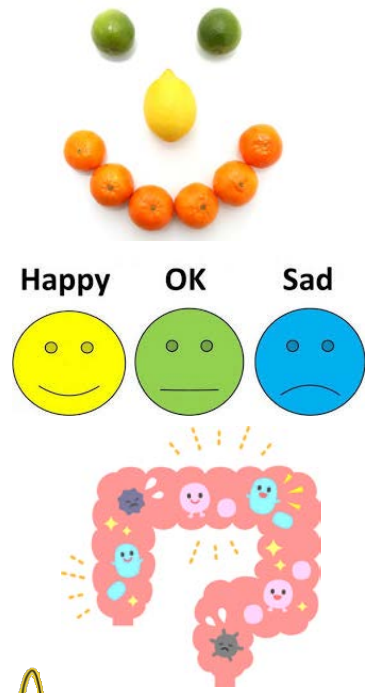
# Food and Mood

The foods we eat can impact our mood. Scientists have found that our gut can communicate with our brain, which may affect how we feel!

Consuming nutrient-rich foods containing complex carbohydrates, proteins, healthy fats, vitamins and minerals can affect your energy, mood and brain function. Staying well-hydrated throughout the day is also key!

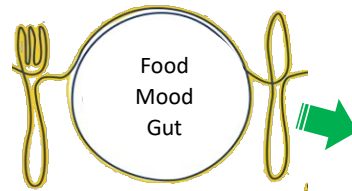
Making healthy food choices helps keep a **good balance of good bacteria in our gut** (intestines), creating a barrier to harmful bacteria and promoting good health!

**So when it comes to food and mood, listen to your gut!**



## Feed your gut!

Are you eating **probiotics & prebiotics**?



Can help promote good physical & mental health!

- *Probiotics* → live good bacteria (found in certain yogurts & other fermented foods such as sauerkraut, miso, kefir, and kombucha)
- *Prebiotics* → food for your good bacteria (many fruits & vegetables, grains)



Are you eating **complex carbohydrates**?

Carbs are the main source of fuel for your brain, and also help us make serotonin – the feel-good chemical!

Eating complex carbs, such as whole grains which contain fiber, helps keep our blood sugar levels stable, as well as our mood!



Are you eating a variety of **fruits & vegetables** every day?

Fruits & vegetables contain vitamins and minerals needed to keep us healthy! If you don't get enough, this can impact your mood & energy levels.

Are you eating the **right fats**?

Your brain needs omega 3 fats to work well! These are found in foods like salmon, nuts & seeds.



Are you staying **hydrated**?

Staying well-hydrated makes it easier to concentrate and think clearly.

To avoid dehydration, drink throughout the day! The healthiest fluids include water, milk, unsweetened juice, soup, and fruits & vegetables with a high water content (ex: melons).



Are you getting enough **protein**?

Protein-rich foods include meat, chicken, eggs, fish, legumes, & tofu. They are made up of amino acids, which are needed to create the chemicals that affect how we feel!

Are you eating **regularly**?

Having 3 balanced meals/day is key in maintaining steady energy levels!



Are you drinking **too much coffee**?

Since caffeine is a stimulant, too much of it can make you feel anxious, irritable, and impact your sleep.

