

Food and Mood

A guide to specific foods shown to help those struggling from mood disorders, such as anxiety, depression, bipolar and ADHD.

Fats - Your brain cells all have a membrane (skin) that is made up of fats. If they contain too much of the wrong types of fats, they will have trouble communicating with each other. Communicating with each other keeps your brain working smoothly. This is important for controlling mood.

Eat MORE of these Fats:



- Anchovy, Herring, Mackerel, Salmon, Tuna, Hoki, Trout, and Shrimp

Omega-3

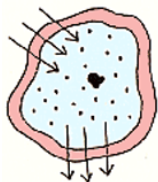
- Walnuts
- Canola Oil
- Flaxseed and Flax oil

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- Olive oil and Olives

- Avocados

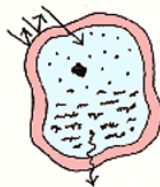
- Almonds

Mono-unsaturated



Healthy Cell

Nutrients can be easily assimilated and eliminated



Unhealthy Cell

Assimilation and elimination are vastly inhibited

Water - Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration — as little as a 1 percent to 2 percent loss of your body weight — can cause tiredness and irritability.

To keep well hydrated, aim for 6-8 cups of water a day. Your urine should be pale yellow or clear.

Eating a balance of foods at regular times throughout the day is very important for mood regulation. Once you begin to eat regularly, try incorporating some of these key foods that are known to help regulate mood.

Folate - A vitamin that helps to improve mood. It ensure that healthy nutrients get into your brain. It also helps your brain make chemicals that regulate mood, sleep and appetite. Foods high in folate include:

- Mushrooms
- Green, leafy vegetables
- Lean beef
- Potatoes
- Whole-wheat bread and wheat germ
- Citrus fruits and strawberries
- Peanuts
- Dried beans, peas and lentils
- Fortified breads and cereals

Eat LESS of these Fats:



- Margarines

- Sunflower and Safflower oil

Omega-6

- Some nuts and seeds

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- Butter

- Cream

- Cheese

Saturated

- Fatty Meats

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- Processed and Fried Foods

- Baked Goods

Trans-Fats

Caffeine - Caffeine is a chemical that stimulates your central nervous system (includes your brain). Drinking too much can disrupt sleep patterns. It also decreases the amount of neurotransmitters, or brain chemicals, that you have available. This means that you can't think as properly.

Limit your intake of caffeine-containing beverages to 1-3 cups daily:

- Tea
- Coffee
- Milo
- Other chocolate drinks
- Green tea
- Energy drinks
- Colas

Vitamin D - A vitamin that helps your brain make an important chemical for mood regulation. Foods high in vitamin D include:

- THE SUN
- Fortified milk and margarine
- Salmon and herring
- Canned sardines

Antioxidants - Chemicals in plant foods that decrease damage to your brain cells. Eating healthy amounts of these help to improve mood. Foods high in antioxidants include:

- Colorful fruits and vegetables
- Whole grains
- Nuts and seeds
- Beans and lentils