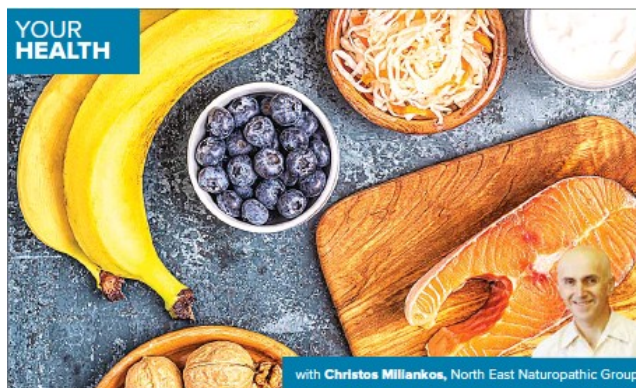


Top seven foods to eat for your mood

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A LOT of people don't realise that the food they eat can have a big impact on their mood.



What you eat can affect how you feel both physically and mentally so if you're looking to improve your mood, there are certain foods that can help.

1. Salmon is a great mind-booster thanks to its omega-3 fatty acids.

These essential fatty acids are important for brain health and can help to improve mood and cognitive function. Omega-3s have also been shown to reduce inflammation, which can be helpful if you're struggling with conditions like depression or anxiety.

2. Nuts and seeds are another good source of moodboosting omega-3 fatty acids.

They're also a good source of magnesium, which is a mineral that can help to relieve anxiety and stress. Additionally, nuts and seeds contain tryptophan, an amino acid that the body uses to produce serotonin.

Serotonin is a neurotransmitter that plays a role in mood and can promote happiness and feelings of wellbeing.

3. Dark chocolate contains mood-boosting compounds like caffeine and theobromine.

These substances can help to improve alertness and focus.

Additionally, dark chocolate contains antioxidants that can help to protect the brain from damage and improve mood.

Be sure to choose dark chocolate with a high cocoa content for the most benefits.

4. Berries are rich in antioxidants and phytochemicals, which can help to improve the function of your brain.

They're also a good source of fibre, vitamin C and moodboosting compounds like anthocyanins.

These substances can help your brain function and feeling better.

Berries are also a good source of antioxidants, which can help to protect the whole body and boost immunity.

5. Leafy greens are another great source of mood-boosting nutrients.

They're high in folate, which is important for cognitive function.

Leafy greens are also a good source of magnesium and other minerals that can help to relieve anxiety and stress.

6. Fermented foods like sauerkraut, kimchi, and yogurt are high in probiotics, which are beneficial bacteria that support gut health.

Gut health is closely linked to the function of our mind. When the gut is healthy, it helps to protect the brain from damage and keep mood-boosting neurotransmitters functioning properly.

7. Water is essential for many functions in the body, including mood.

Dehydration can cause mood swings, fatigue and brain fog.

It's important to drink plenty of water throughout the day to stay hydrated and maintain good moods.

For individualised dietary advice for moods and many other ailments contact Christos Miliankos and Tayla Adams at the North East Naturopathic Group on (03) 5798 3344.