



# Food vs Mood

*Did you know that what we eat can affect the way we feel?*

Do you feel tired or  
sleepy after lunch?

Do you have cravings  
for carbs in the  
afternoon or evening?

Do you often feel  
depressed, blue, anxious  
or “low”?



# Do you feel tired or sleepy after lunch?



**You may be eating too many starchy or sweet carbs at lunchtime.**

A meal of pasta, for example, can raise insulin levels significantly. The rise of insulin allows tryptophan, to reach the brain. Once it gets there, it is used to make serotonin, a brain chemical that induces relaxation and calm but, at high levels, can cause lethargy and sleepiness.

# Try eating:

**A lower-carb, higher-protein lunch, such as chicken and salad.**

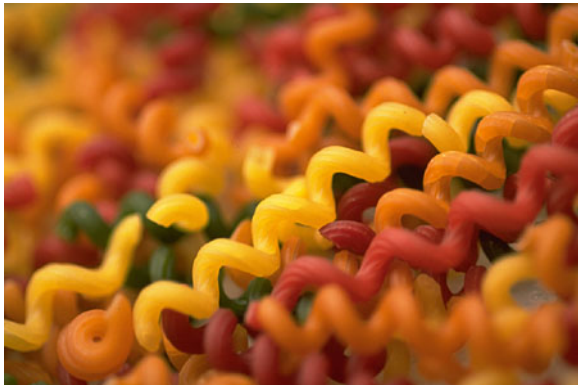
Protein foods trigger the production of dopamine, which will keep you awake, and vegetables won't raise insulin (and thus serotonin) enough to make you sleepy.

This should help you stay alert and productive for the rest of your working day.



# Do you have cravings for carbs in the afternoon or evening?

**Carb cravings can be caused by any number of factors**, many of them related to diet. If you use alcohol regularly, have PMS, eat a low-fat diet, or crave carbs when you're stressed or in a "low" mood, you may crave carbs.



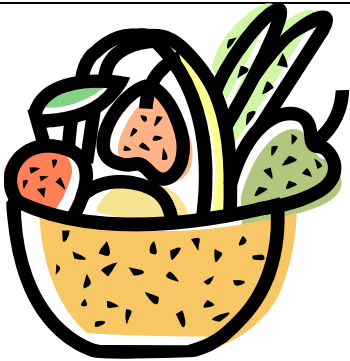
# Try:



- limiting alcohol consumption by drinking less often or having fewer drinks when you do drink.



limiting sweets on a regular basis and supplement your diet with vitamin B-complex premenstrual.



try to handle the urge for carbs with wholesome foods—veggies or whole grains, for example. Use stress management techniques, such as deep breathing or visualization.



eat some healthful fats with your meals. A diet too low in fats can thus result in carb cravings and overeating.

Do you often feel  
depressed, blue, anxious  
or “low”?



What we eat can cause such low mood states. If your diet is high in white flour or sugar, low in protein and/or veggies, or you drink alcohol frequently, these can cause low moods.

***Try to minimize or avoid these triggers!***

**On the basis of your answers to these questions, you may wish to follow these general dietary recommendations:**

- Eat lean protein (e.g., turkey, fish, or chicken) throughout the day.
- Avoid starchy or sweet carbs at lunchtime.
- Eat plenty of vegetables, especially leafy greens.
- Choose whole grains rather than white flour products whenever possible.
- Include some "healthful" fats in your meals.
- Limit alcohol consumption.

***These guidelines can help you feel better in terms of both your mood and your energy levels!***



*All information for this bulletin board was found at*

*Active Lifestyle*

*[http://www.activelifestyle.info/index.php/link/article/10208/c/3004/Food and Mood](http://www.activelifestyle.info/index.php/link/article/10208/c/3004/Food_and_Mood)*

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