

## Positive Nutrition and Positive Moods

### Eating Hints for Mood Management

- Eat Regularly
- Eat Complex Carbohydrates
- Get Plenty of Omega-3 Fatty Acides
- Manage Your Nutrients
- Avoid Greasy, Saturated Fats
- Stay Hydrated
- Combine with Rest and Exercise



Mood	Deficit	Food	Examples
Tired, Angry, Depressed	Low Carbs	Complex Carbs, 45-65% Daily Intake	Popcorn, Whole-Grain English Muffin,
Depression, Pessimism, Impulsivity	Low Omega-3 Fatty Acids	2 svgs/week Fatty Fish	Also: Flaxseeds, Walnuts, Fortified Eggs, Peanut Butter
Introversion, Inactivity, Poor Self Confidence,	Thiamine, Iron, Folic Acid	Iron-rich foods, Supplements	Iron: Red Meat, Beans, Artichokes Thiamine: Cereal Grains, Pork Folic Acid: Green Veggies, Nuts, Sprouts, Oranges

Source:  
Food and Mood: 6 Ways Your Diet Affects How You Feel-US News