



Good Mood Food

GBS Health & Wellness



Agenda

Stress & Food Choices

Coping with Emotions

Mood Boosting Nutrition

Recipes

Quiz Time

Good Mood Food

Stress & Food Choices



Stress & Food Choices

- **Acute stress has been shown to...**
 - Diminish hunger and appetite
 - Directly influences hormones
- **Chronic stress has been shown to...**
 - slow metabolism → contribute to higher insulin levels → lead to more storage of fat

Eating Triggers

- Biological
- Psychological/Emotional
- Practical

Emotional Eating

- Am I restricting?
- Acknowledge emotional connections to food
- Reconnect to feelings, explore the root cause, and establish strategies to cope

Cope With Your Emotions With Kindness

“Anxiety, loneliness, anger and boredom are all emotions we experience throughout life. Food won’t fix any of these feelings; it may comfort for the short-term, distract the pain or even numb, but food won’t solve the problem. Find kind ways to comfort, nurture, distract and resolve your issues.” – Evelyn Tribole, co-author of Intuitive Eating

Cope With Your Emotions

Assess Your Situation:

- What am I feeling right now?
 - Rate Intensity of Feeling:
 - Rate Overall Stress:
 - How much sleep did I get last night:
 - Comments:

Cope With Your Emotions

Assess Your Situation:

- What do I need right now?
 - Distraction:
 - Support:
 - Deal Directly with Feeling:
 - Self-care:

Cope With Your Emotions

Self-Care Toolbox:

- When I am bored...
- When I am stressed...
- When I am anxious...
- When I am lonely...

Good Mood Food

Mood Boosting Nutrition



Fruits & Veggies

- **B-vitamins**, commonly found in many fruits and vegetables, affect neurotransmitters that positively impact mood
- **Antioxidants** such as **vitamins C and E** and **beta-carotene** which can also have mood-boosting effects
- **Magnesium** rich foods - legumes, tofu, whole grains, and leafy greens help with nerve and muscle health

MyPlate - Vegetables

	Dark Green	Red & Orange	Beans & Peas	Starchy	Other
Children 2-3 years old 4-8 years old	½ cup/week 1 cup/week	2 ½ cups/week 3 cups/week	½ cup/week ½ cup/week	2 cups/week 3 ½ cups/week	1 ½ cups/week 2 ½ cups/week
Girls 9-13 years old 14-18 years old	1 ½ cups/week 1 ½ cups/week	4 cups/week 5 ½ cups/week	1 cup/week 1 ½ cups/week	4 cups/week 5 cups/week	3 ½ cups/week 4 cups/week
Boys 9-13 years old 14-18 years old	1 ½ cups/week 2 cups/week	5 ½ cups/week 6 cups/week	1 ½ cups/week 2 cups/week	5 cups/week 6 cups/week	4 cups/week 5 cups/week
Women 19-50 years old 51+ years old	1 ½ cups/week 1 ½ cups/week	5 ½ cups/week 4 cups/week	1 ½ cups/week 1 cup/week	5 cups/week 4 cups/week	4 cups/week 3 ½ cups/week
Men 19-50 years old 51+ years old	2 cups/week 1 ½ cups/week	6 cups/week 5 ½ cups/week	2 cups/week 1 ½ cups/week	6 cups/week 5 cups/week	5 cups/week 4 cups/week

Source: All about the Vegetable Group: <https://www.choosemyplate.gov/vegetables>

Probiotics

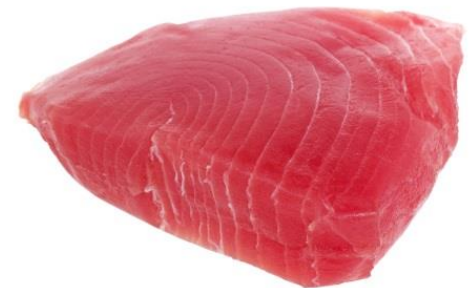
- 2/3 of immune system is concentrated in the gut
- Microbiome-Gut-Brain axis allows for communication
- Research suggests GI health and consuming probiotics positively influences brain health and mood
- Kefir
- Kimchi
- Sauerkraut
- Tempeh
- Miso
- Kombucha
- Sourdough

Fatty Acids

- Maintain healthy brain and nervous system function
- Omega-3's may play a role in combatting the development of depression
 - Particularly EPA
- Include regular, moderate amounts of healthy fats (avocado, nuts, olive oil, etc.)
 - Omega-6 vs. omega-3
 - Average American consumes 20:1 ratio
 - Ideal ratio is 4:1

Oily Fish

- May help release dopamine
- Anti-inflammatory omega-3's to relieve depression
- Salmon, mackerel, herring, tuna
- AHA Recommendation:
At least 2 servings per week (1 serving = 3.5 ounces cooked or $\frac{3}{4}$ cup flaked)



Wholesome Carbs

- May help promote the release of serotonin from your brain
 - “Happy” neurotransmitter
- High-fiber carbohydrates provide more of a lasting effect the brain and your mood
 - Happy brain = happy you



Dark Chocolate

- May help reduce stress hormones
 - Cortisol
 - Epinephrine
 - Norepinephrine
- What to look for in a bar
 - At least 60% cocoa content
 - The darker the color, the greater the potential benefits
- 3 ounces per day (about 1 bar)



Flavonoids

- Naturally occurring plant pigments
- Specific type of antioxidant
- Reduce damage from free radicals and could enhance mood (prevent depression)



Phenethylamine

- Stimulates neurotransmitters that promote happiness and wellbeing
 - Serotonin and dopamine
- Anti-anxiety effects = improved mood!



Saffron

- Spice, most known for being used in paella
- Derived from a crocus flower
- Commonly referred to as red gold
- Expensive: \$3000 for 2lbs
- May help diminish anxiety and depression



Coconut and Peppermint

- **Coconut contains medium chain triglycerides (MCTs)**
 - May enhance alertness because it's digested as a quick energy source
 - Soothing your response to stress
- **Peppermint:** may increase alertness and improve memory



Good Mood Food

Putting it Together





Grilled Salmon Packets

From Kalyn's Kitchen - Serves 4

Ingredients

- 4 pieces salmon
- 1 c. diced tomatoes
- ¼ c. diced Kalamata olives
- 1 T garlic, minced
- 1 t. fresh thyme, chopped
- Saffron, 15-20 threads
- ¼ t. salt
- Black pepper, to taste
- ¼ c. olive oil

Directions

1. Preheat gas or charcoal grill to high (or oven to 450F)
2. Combine diced tomatoes, olives, garlic, thyme, saffron, salt and pepper in a bowl. Add olive oil.
3. Tear piece of foil large enough to wrap salmon piece. Spray or brush with olive oil.
4. Place salmon piece in the center of foil with salt and pepper. Top with ¼ of the tomato mixture.
5. Fold up sides and seal foil packet.
6. Repeat with remaining salmon pieces.
7. Grill on high for 8-10 minutes.



Dark Chocolate Coconut Bites

Ingredients

- 1 cup Medjool dates, pitted
- ½ c. raw walnuts
- ½ c. raw almonds
- ¼ c. unsweetened cocoa powder
- ¼ c. unsweetened coconut, plus more for rolling
- 1 ½ t. vanilla
- 1 T water

Directions

1. Add all ingredients to a food processor and combine on medium or high speed for 2-3 minutes. The mixture will be crumbly at first. Stop the mixer when its sticky enough to roll into balls.
2. Roll into 14 tablespoon sized balls. Immediately roll in extra coconut.
3. Store at room temperature or in refrigerator for up to weeks.

Nutrition

89 calories, 5 g fat, 8 g sugar, 2 g fiber,
2 g protein

Kickin' Kimchi



Ingredients

- Napa cabbage
- Green onion
- Ginger
- Garlic
- Spices (red crushed pepper, cayenne, paprika)
- Salt
- *Optional: Daikon radish, carrot*
- *Optional: Korean red chili (Gochugaru)*

Good Mood Food

Quiz Time



Quiz Time

What are reasons we may turn to food to soothe or distract?

- a) Bored
- b) Anxious
- c) Stressed
- d) Lonely
- e) All the above

Quiz Time

Which food may help increase alertness?

- a) Beans
- b) Coconut
- c) Peppermint
- d) Both B and C

Quiz Time

Stress can cause an increase in which hormone?

- a) Cortisol
- b) Estrogen
- c) Dopamine
- d) Serotonin

Quiz Time

Beans, lentils, seeds, poultry, and eggs are thought to have which effect?

- a) Anti-inflammatory
- b) Anti-depressant
- c) Anti-anxiety
- d) Anti-histamine

Quiz Time

Which of the following is an example of an oily fish?

- a) Tilapia
- b) Herring
- c) Halibut
- d) Bass

Quiz Time

Which activities can help cope with emotions?

- a) Asking “what am I feeling right now?”
- b) Asking “what do I need right now?”
- c) Sitting with the emotion
- d) Engaging in a distracting activity
- e) All of the above

Good Mood Food

Questions?

