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### How Foods Affect Your Mood

Certain nutrients in foods you eat can affect your mood as well as chemical reactions in your brain. Below are some examples of foods that can alter your mood.

Food	Nutrient Source	Effect on Mood
Fish	Omega 3	Helps the smooth functioning of the nervous system
Bananas, Spinach, tuna, fortified cereals	B6	Builds Serotonin levels; helps improve mood, make you happy
Pistachios	B Vitamin and Fiber	Maintain Blood Sugar levels
Poultry, Lean meats, and eggs	Protein, Tyrosine	Increases the production nor epinephrine, dopamine, and epinephrine-which are neurotransmitters responsible for making us alert and energetic
Berries- Blueberries, Raspberries, Goji Berries	Folate & Fiber	Contain high levels of antioxidants which destroy free radicals that damage cells.
Cherries		Energy
Oatmeal, pasta, popcorn	Carbohydrates	Release serotonin, a neurotransmitter that boosts mood and can even help you sleep better
Milk and Leafy Vegetables	Calcium and Magnesium	Not only protect against being tight and help with relaxation but also protects against spasms and cramping.
Leeks, Scallions	Phytochemicals	Prevents cancer
Popcorn, turkey, poultry	Tryptophan	Makes you sleepy, relaxed
Water		Dehydration can make you irritable and unable to sleep

As you can see by eating the right foods you can improve your mood. Protein enriched foods such as lean meats and eggs can help you feel more alert and energetic. While oatmeal, pasta, or popcorn contain carbohydrates can boost your mood and even help you sleep better. Also by keeping hydrated you can prevent irritability and not being able to sleep. Keep in mind eating foods high in calories and fat can make a person feel more tired and less focused.



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## Healthy Food Options

Resources:

### **Cal Fresh / SNAP: Supplemental Nutritional Assistance Program**

(800)221-5689

<http://www.fns.usda.gov/snap/>

This is an income based program that provides credit through an EBT card that can be used at many grocery stores. Eligibility and locations that accept SNAP credits can be found on this website, as well as at the number provided.

### **Farmer's Markets**

<http://www.sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

Visiting a Farmer's Market is a great way to buy produce that is in season, fresh, and healthy. Additionally, this helps support local agriculture by purchasing directly from the farms. The City Heights Market takes place on Saturday from 9am-1pm.

Location: On Wightman St. between Fairmount and 43rd St., San Diego, California 92125. This market also accepts EBT cards.

Other locations and information can be found on the website listed above, or by calling the San Diego Farm Bureau at (760)489-6348.

### **Golden Share Foods**

(866)570-5099

<http://www.goldensharefoods.com/>

This is a food cooperative that offers food to the entire community at up to 50% less than the grocery store. There are generally multiple packages of food to choose from, which must be picked up at a local SHARE location. Finding a pick-up location, as well as placing an order, can be done online or through the phone. The prices of packages are generally between \$15-\$30.

### **CSA: Community Supported Agriculture**

<http://www.localharvest.org/csa/>

A CSA is essentially a "subscription" to a local farmer. Generally, every week fresh fruits, veggies, and sometimes even meat and eggs (depending upon the farmer) will be available to you. This provides the opportunity to eat the freshest food available, while also supporting local farmers with security and income. Think of it as a membership to your local farm! There are many CSA's around, and they can be located by checking out the website above. Cost and other options vary with each CSA.

## Sources

1. <http://abcnews.go.com/Health/Depression/feel-eat/story?id=4387456&page=1>
2. <http://whatscookingamerica.net/CharlotteBradley/HealthyFoodMoods.htm>
3. <http://www.webmd.com/diet/features/foods-to-uptlift-your-mood>



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