

Good FOOD ~ Good MOOD

1. How much time passes between when you wake up and when you eat breakfast?

For proper energy and blood sugar balancing eat breakfast (containing at least 3–4 ounces of protein) within 30 min of waking. (balanced carb with protein)

2. How much water/broth do you drink throughout the day?

Water intake should be about 50 percent of body weight every day in ounces (example: if a person weighs 160 lb, they should be drinking 80 ounces of water daily).

3. How often do you eat? How many hours between each meal or snack?

To prevent mood swings, food should be eaten every 3–4 hours, (3 meals/day and 2 snacks)

4. How many servings of vegetables do you eat per day?

At least 3 servings of vegetables should be eaten every day. A serving = 1/2 to 1 cup.

5. Do you eat raw vegetables and fruits?

At least 1–3 servings of raw fruit or vegetables should be eaten every day.

6. Are you eating enough protein? Pay attention if a lack of protein corresponds to drops in mood.

Proteins help to stabilize energy and balance mood and should be emphasized during the daytime hours.

7. Do you eat enough **HEALTHY** fats? Note if lack of fats corresponds to mood shifts.

Fats also help to stabilize energy and balance mood and should be emphasized during the daytime hours.

8. How many servings of **HEALTHY** carbohydrates are you eating and at what times of day?

During the day carbohydrates are best when combined with protein, and carbohydrates should be emphasized in the evening for relaxation.

9. What is the quality of the food you eat? (freshly prepared vs. canned or prepackaged foods)?

Whole, fresh, organic foods over packaged and canned foods are recommended.

10. Do you eat enough **soluble** fiber?

Soluble fiber is found in foods like oat bran, nuts, beans, lentils, psyllium husk, peas, chia seeds, barley, and some fruits and vegetables. Men should be eating about 38 grams/day, and women 25 grams/day.

11. Do you eat enough **insoluble** fiber?

Insoluble fiber is found in wheat bran, corn, whole grains, oat bran, seeds and nuts, brown rice, flaxseed, and the skins of many fruits and vegetables.

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To improve mood, start with nutritional change

Decrease (eliminate if possible) refined carbs and sugar and increase quality proteins or a balanced mood will remain out of reach.

Eat breakfast! Don't allow yourself to become hungry. Remember; *mood follows food & mood swings follow blood sugar swings*

Try and avoid the coffee and pastry breakfast. Refined carbs – (sugar and white flour) cause blood sugar to rise sharply and drop sharply w/in 1 – 2 hours as glucose levels drop and fatigue and irritability return. Also: (some yogurts have high added sugar content!)

Eliminate hypoglycemia as cause of poor mood or an accurate diagnosis can't be made.

Hypoglycemia – refers to low blood sugar – which is associated with poor adrenal function – people under stress are vulnerable to **reactive hypoglycemia** because stress negatively affects regulation of blood sugar. A drop in blood glucose levels leads to drop in mood, irritability, anxiety, nervousness, craving of sweets, panic crying, fainting, motor weakness, personality changes headaches, visual disturbances, confusion and shakiness. Some of these symptoms are often mistaken for mental health issues; depression, anxiety, inability to focus, ADHD, irritability, restlessness, insomnia, temper tantrums, hyperactivity. It is also misidentified as rapid cycling bipolar, and almost always apparent in alcoholism – common in schizophrenia, drug and food addictions, obesity,

If you fall asleep and wake 3-4 hours later and can't get back to sleep – you may have nighttime hypoglycemia and will feel better when you eat a small snack of protein and carb before going to bed.

Nourish the Brains

The brain is made up of 60% fat – it needs enough **good quality** fats proteins and carbohydrates to function. Fats also make us feel full. Eliminate poor quality fats and trans fats, partially hydrogenated oils (canned and pkg food)

Nourish second brain (stomach) with fiber and fermented food – probiotics

Relax

Eat only when relaxed. The parasympathetic state is Rest and Digest. If your stressed out – or anxious, your digestive system is turned “off”.

Eliminate exposure to additives/preservatives, hormones & toxic pesticides & fertilizers

Mental and physical health is negatively affected by exposure to food toxins and allergens – use wild food and organic food. If you can't obtain these foods all the time – focus your attention on the clean 15 / dirty dozen – also organic eggs and meat products – and detox fruits and veggies.

Find Healthy Substitutions – Integrate Positive Habits