

# Food-Mood Connection: Wellbeing Through Better Eating

In a world where stress levels are high and mental health is a growing concern, understanding the relationship between what we eat and how we feel is crucial.

This webinar delves into the connection between food and mood, exploring how our dietary choices can impact our emotional well-being. From the science behind the food-mood connection to practical tips for enhancing mental health through nutrition, this webinar offers valuable insights for individuals seeking to optimize their diet for a happier, healthier life.

By empowering participants with knowledge and practical strategies, the webinar aims to inspire positive changes in eating habits, fostering a ripple effect of well-being that extends far beyond the dining table.

## Learning Objectives

- Understand the science behind food and mood
- Discovering the best foods to support our mood
- Discovering the “not so good” foods for our mood

## Content Outline

### The Science Behind Food And Mood: How Food Impacts Mood

- Things that impact your mood – beyond food
- Understanding the gut-brain axis

### The Best Foods To Support Our Mood

- Discovering the types of food good for our mood:
  - Carbohydrates
  - Sugar and insulin spike
  - Omega-3
  - Magnesium
  - Protein
  - Pre- and Probiotics
  - Fibre
  - Hydration/ Water

### The Not So Good Food For Our Mood

- Discovering the types of food not so good for our mood:
  - Alcohol
  - Processed food, and its classification
- Swapping our sweet cravings for healthier options