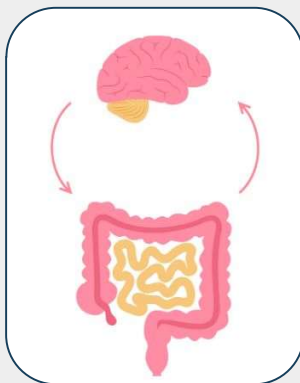


Food-Mood Connection: Wellbeing Through Better Eating

Key Takeaways

1

Gut-Brain Axis



It is a **2 way communication or exchange of signals** between the gastrointestinal tract and the brain via the vagus nerve.

When you are **stressed or nervous**, **nausea or abdominal pain or cramps are normal**.

Digestive issues such as Irritable Bowel Syndrome (IBS), lead to **higher levels of depression and anxiety**.

2

Foods Good for our Moods



Carbohydrates can help release stress reducing neurotransmitters from the brain.



Omega-3 fats decreases level of depression due to its anti-inflammatory effects.



Magnesium plays an important role in regulating mood and anxiety.



Protein is not only great for muscle building but it can help your mood too.



High water intake is associated with lower levels of depression and anxiety.

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Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
What did you eat/drink?							
How did you feel before you ate?							
How did you feel after you ate?							
LUNCH							
What did you eat/drink?							
How did you feel before you ate?							
How did you feel after you ate?							
SNACK							
What did you eat/drink?							
How did you feel before you ate?							
How did you feel after you ate?							
DINNER							
What did you eat/drink?							
How did you feel before you ate?							
How did you feel after you ate?							

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Recipes

1

RICE COOKER SALMON RICE

Ingredients:

- 2 salmon fillets
- 1 cup of brown rice
- 2 cups of water or broth
- 1 bunch chopped spinach
- Salt and pepper to taste

Instructions:

1. Rinse the rice thoroughly under cold water until the water runs clear. Drain well.
2. Season the salmon fillets with salt, pepper, and any other desired seasonings.
3. Place the rice in the rice cooker inner pot and spread it evenly along with chopped spinach.
4. Pour the water or broth over the rice.
5. Place the seasoned salmon fillets on top of the rice.
6. Close the rice cooker lid and select the appropriate setting for cooking rice.

2

NO COOK PEANUT BUTTER OATMEAL BALLS

Ingredients

- 1 ¼ cup rolled oats
- ½ cup natural peanut butter
- ¼ cup honey or maple syrup
- 2 tablespoons unsweetened cocoa powder

Instructions

1. In a large mixing bowl add the old-fashioned oats, peanut butter, cocoa powder and honey/maple syrup
2. Use a spatula to combine all the ingredients until it is sticky and forms a dough. If too dry, add 1 or 2 more tablespoons of maple syrup or honey. Roll to shape into energy balls
3. Tip- refrigerate the oatmeal balls mixture for 20 minutes to set the dough. It will make it easier to roll into energy bites.