



## Food & Mood

Nourishment for Body and Mind

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# Introduction

- \* What you eat affects how you feel (energy, neurotransmitters, glucose, vitamins, and minerals)
- \* The cyclical nature of dieting and urges to binge
- \* Cravings, what is your body telling you?
- \* When controlling your diet takes a disordered turn
- \* Smarter food choices - eat better to feel better

# Food, Body, and Mind Connection

# Energy Level

## Food Affects Your Energy Level

- Breakfast matters
- Sugar – How much is too much?
- The caffeine trap



# How Food Affects Mood



- \* Cravings
- \* Stress Levels
- \* Sleep Habits

# Vitamins and Minerals

\*Help make and aid neurotransmitters in the brain

\*Lift mood as well as immune system

\*Deficiency can cause fatigue



# Blood Glucose



\*Hypoglycemia  
defined

\*Your brain runs on  
glucose

# Neurotransmitters

- NPY (neuropeptide y) and GABA (gamma aminobutryic acid)
  - connected to glucose and carbohydrate cravings
  - increase with restrictive diet
- Tryptophan and Serotonin help regulate mood

# Are You Sensitive to Carbohydrates?

\* Take the Quiz



*Source: Sommer, Elizabeth. Food and Mood, The Complete Guide to Eating Well and Feeling Your Best. 2<sup>nd</sup> Edition. New York: Henry Holt and Company. 1999.*

# Food Cravings

Why? What? and How to Cope

# Why Restrictive Diets Do Not Work



- Endorphins and cravings are connected
- Rebound Effect -  
Abstinence can lead to  
binge-like behavior

# Food Cravings



- PMS
- Pregnancy
- Seasonal Affective Disorder (SAD)
  - \* Vitamin D - the sunshine vitamin

# Appetite and Mood

# Overeating and Weight Concerns



- \* Finding comfort in food
- \* When bad moods lead to food-abuse
- \* Eating when you are not hungry

# Eating Through Depression

- \* Losing your appetite, what is normal?
- \* Post-partum baby blues

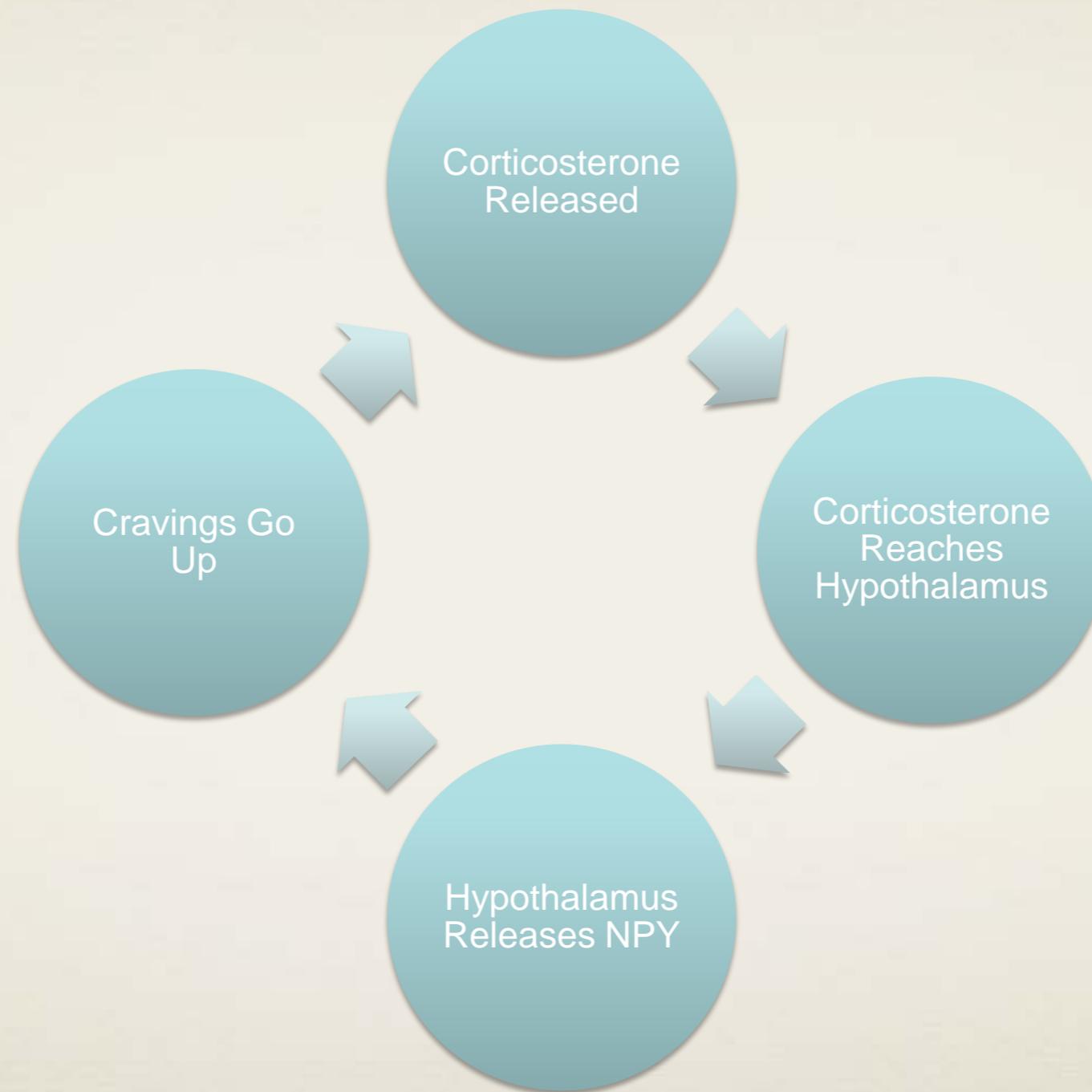


# The Role of Stress



- What we eat and how much we eat
- Cortisol, chronic exposure and high levels are damaging
- Anxiety and weight loss or gain

# Stress Hormones



# Control to Obsession

- More than a diet - how to spot an eating disorder
- Thin Body = Thin Brain
- Body image distortion and pregnancy
  - \*Postpartum triggers



# Eating Well

## Simple Tips

# Calming Agents Found in Food



- Minerals -  
Magnesium, Zinc and Iron
- Antioxidants -  
Vitamins C & E and  
Beta Carotene
- B Vitamins

# Good Sources

- **Mg, Zinc and Iron**

Lean Meat, Green Leafy Vegetables, Dry Beans, Peas, Nuts, Whole Grains, Oysters

- **Vitamins A (Beta Carotene), C, and E**

Bell Peppers, Oranges, Broccoli, Strawberries, Carrots, Sweet Potatoes, Cantaloupe, Peaches, Almonds, Safflower Oil

- **Foods rich in B Vitamins**

Collard Greens, Cooked Dry Beans, Spinach, Milk, Yogurt, Wheat Germ, Oysters, Chicken, Peas

# Increase Brain Power Through Food



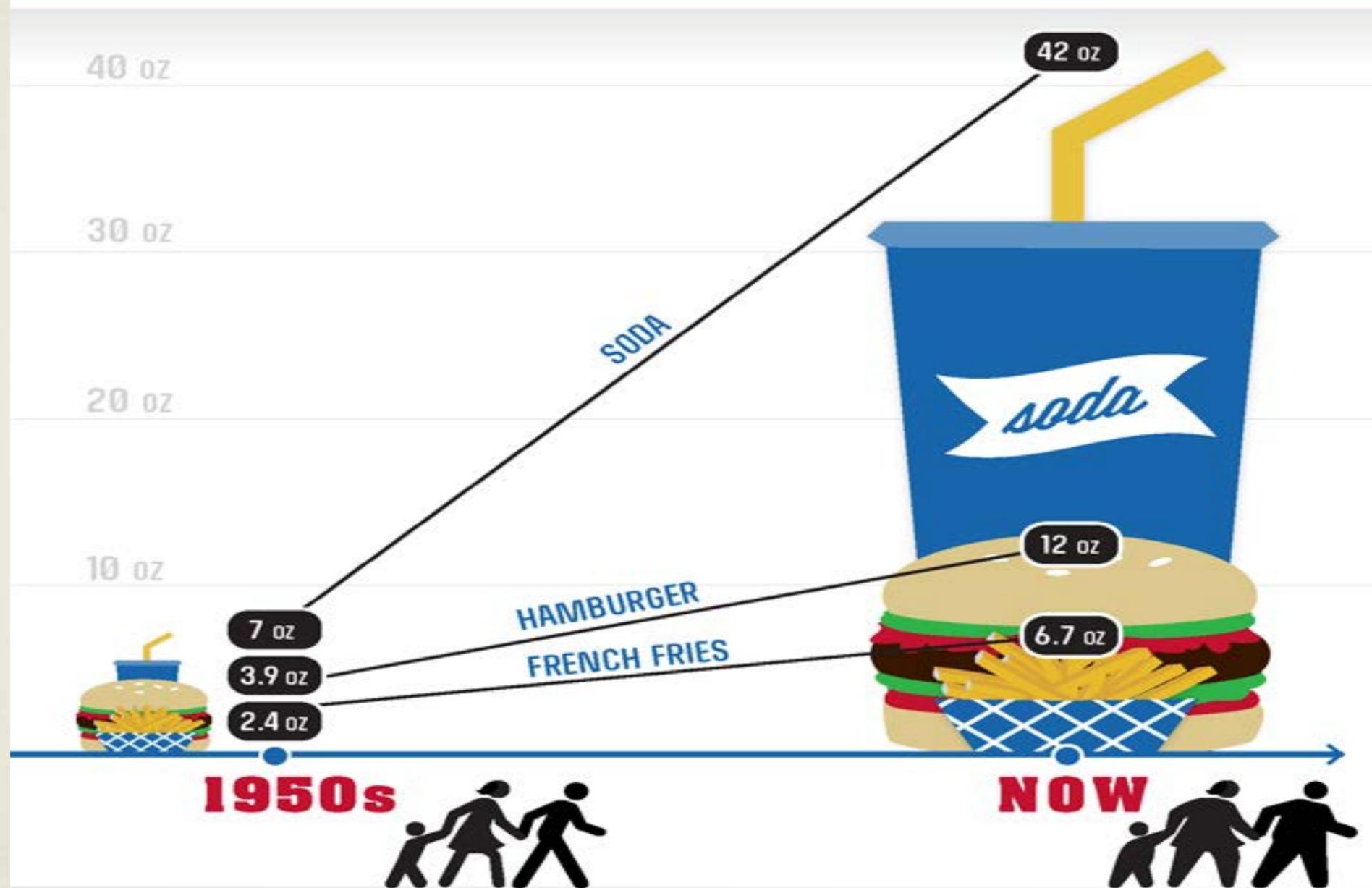
- Omega 3's  
DHA
- Fish oils and mental health
- Is fish safe to eat during pregnancy?

# Best Practices

- Start your day right
- Limit sugar, caffeine and alcohol to control cravings
- Listen to your body, understand cravings
- Eat foods that boost energy
- Pay attention to hydration

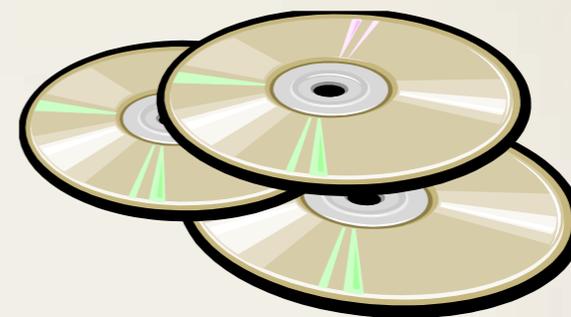
# THE NEW (AB)NORMAL

Portion sizes have been growing. So have we. The average restaurant meal today is more than four times larger than in the 1950s. And adults are, on average, 26 pounds heavier. If we want to eat healthy, there are things we can do for ourselves and our community: Order the smaller meals on the menu, split a meal with a friend, or eat half and take the rest home. We can also ask the managers at our favorite restaurants to offer smaller meals.



FOR MORE INFORMATION, VISIT [MakingHealthEasier.org/NewAbNormal](http://MakingHealthEasier.org/NewAbNormal)

# Sizing Up Your Food



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# No One Size Fits All



- Registered Dietitians are nutritional experts
- Dietitians coach patients and tailor nutritional meal plans

Questions?

# References

1. *Sommer, Elizabeth. Food and Mood, The Complete Guide to Eating Well and Feeling Your Best. 2<sup>nd</sup> Edition. New York: Henry Holt and Company. 1999.*
2. *Nelms, Marcia, Sucher Kathryn, et al. Nutrition Therapy and Pathophysiology. New York. Thompson Wadsworth. 2007.*
3. *Bulik, Cynthia M. The Woman In the Mirror. How to Stop Confusing What You Look Like With Who You Are. New York. Walker & Company. 2012.*
4. *How to Avoid Portion Size Pitfalls to Help Manage Your Weight. Retrieved on 11/15/13 from:  
<http://m.cdc.gov/en/HealthSafetyTopics/HealthyLiving/HealthyWeight/HealthyEating/CuttingCalories/portionPitfalls>*