



**Can food affect
your mood? Here's
how to eat yourself
happy...**

Fatty Fish

There is increasing evidence that consuming omega 3's from fish oil significantly lowers depression scores overall. Types of fatty fish to look out for include salmon, tuna - and budget-friendly mackerel or sardines.





Split Peas, Beans and Lentils

Besides being high in fiber and plant-based protein, split peas, beans and lentils are packed with feel-good nutrients. They're rich in B vitamins, which helps mood improvements by increasing levels of serotonin and dopamine, which are essential for mood regulation.



Fermented Foods

Fermented foods such as kimchi, yoghurt, kombucha, and kefir improve gut health and mood. Why? During the fermentation process, probiotics are created that aid in the growth of healthy bacteria in your gut and lead to increased serotonin levels. As a bonus - high serotonin levels result in lower stress levels!



Nuts and Seeds



Nuts and seeds are rich in plant-based proteins, healthy fats and fibre. They also provide an amino acid which is responsible for producing mood-boosting serotonin. Excellent sources include almonds, cashews, peanuts as well as pumpkin, sesame and sunflower seeds.



Oats

A wholegrain that keeps you feeling good all morning and an excellent source of fibre! Fiber aids in slowing the digestion of carbs which results in stabilized blood sugar levels which are essential for controlling mood swings and irritability.

