

Choose The Right Food for A Better Mood



Individuals who have higher intakes of whole grains, legumes, nuts, fruits and vegetables did not report depression in one study.

Individuals consuming a Western diet were more likely to be obese and suffer depression while those at normal weight consumed more nutritious foods including fruit, vegetables, fish and whole grains.



Plant-based foods that are high in antioxidants are one of our body's best defenses in improving our moods.

5 Easy Steps to More Feel Good Foods

1. Switch to **whole grains**- choose whole-grain bread over white, brown rice over white, and whole-grain pasta over-refined.
1. Choose **cherries** over chocolate. Got a sweet tooth? Go for seasonal fruit. With so much to choose from, there's no excuse.
1. Add **beans and legumes** to your salads, soups, and sides. They're versatile and valuable!
1. **Kick the can.** Sugary soda isn't doing anything for your body but causing weight gain and raising the risk of heart disease and diabetes. Thirsty? Sip on water.
1. **Skip the fast food.** Try simple recipes at home that include fish, lean meat, vegetables, and fruit. Food doesn't need to be fancy to be healthy.

