

How Do the Foods You Eat Affect Your Mood?

Are you aware of the fact that there are types of foods that can directly affect your mood?

Most of us know this, but do we really care to take a note of foods that we are putting into our body? Below is information on the effect of various types of food on your health as well as your mood:

Processed foods: Why to avoid? Most people don't realize it, but gorging on processed foods that are usually rich in sugar and fat contributes to depositing excessive pounds on their tummy and increasing their stress hormones. When hormones turn wacky, it's normal to feel drained and exhausted.

What is more damaging is that processed foods give you a quick burst of energy, but bring you down fast. Did you know this energy spike-crash cycle can have a negative effect on your health?

What's so good about natural foods? It's not an easy task changing to natural foods all at once. But, the truth is that consuming a low-glycemic diet, which includes fresh and natural foods, can help you become more tranquil and composed. And, when you are at peace, you can easily combat the deadly effects of anxiety and unwanted stress.

Although people know the goodness of natural foods, they usually make wrong food choices because of the lack of sleep and stress associated with this vicious cycle. Your stressed body increases the levels of cortisol, which surges your cravings for processed and carbohydrate-rich foods while reducing your desire to consume healthy foods that are rich in proteins and vegetables.

Processed foods that are composed of sugar are known to cause instant mood swings. At first, sugar will alleviate your mood, but later make you feel sluggish and lethargic. The study published in the 'Natural Health Research Institute,' indicates that individuals whose daily meal portions included 20 percent of processed foods were found to have more than 50 percent increased risk of becoming afflicted with depression.

Enjoy carbohydrate-rich foods in moderation. Experts suggest that eating carbohydrate-rich foods obtained from healthy sources in moderation is not a problem; such foods even work to provide you with an ephemeral mood lift. Let's see how it's happening.

The brain chemical serotonin is known to boost your feeling of fullness and satisfaction. Serotonin is manufactured out of the amino acid tryptophan, which is abundantly found in carbohydrate-rich foods. When you are stressed, the amount of serotonin is quickly washed-out and this leaves your body desiring foods (carbs) that can restore the levels of serotonin.

Even though carbohydrates can help to restore your serotonin levels, they can pose a problem once you develop strong cravings for them and they occupy the major portion of your meals. Excessive consumption of carbohydrates can result in fatigue and brain fog. Another important thing is that they can replace your need of consuming healthy foods such as lean proteins and vegetables.

Start making healthier food choices. Eat a healthy breakfast. When you are short of time to prepare healthy and nutritious food, it is a pretty good excuse to get hold of unhealthy foods. Breakfast is the first meal of your day that prepares you to face the challenges ahead of you. Thus, it is imperative to pick nutritious foods for breakfast.

Usually, people prefer eating pancakes, bagels, and muffins

for breakfast. These are carbohydrate-rich foods that can leave you drowsier than when you first stepped out of your bed, and make you crave more sugary foods for the rest of the day.

Include omega-3 fatty acids. Deficiency of Omega-3 fatty acids can cause a decline in cognitive memory and lead to depression. You should take a regular dosage of omega-3s in order to help fight various disorders including impulsivity, depression, and pessimism.

The best way to ensure the daily-recommended dosage of omega-3s is by taking a daily supplement along with including Omega-3s rich foods in your diet. Consider consuming at least two servings of fatty fish per week such as sardines, salmon, and mackerel. You may also add foods such as walnuts and flaxseeds in your diet on a regular basis.

Include iron-rich foods. Most people underestimate the importance of adequate iron in their diet. It is important to note that a lack of iron causes of inattention, depression, and fatigue. Dartmouth Undergraduate Journal of Science has reported that iron deficiency is one of the common nutrient deficiencies that usually affects vegetarians, children, and women.

You can easily retain the optimum levels of iron by adding iron-rich foods in your diet such as green leafy vegetables, egg yolks, liver, seafood, beans, and vegetables like asparagus and broccoli.

Include fresh fruits and vegetables. There are certain foods that can dull your mood while there are some that can actually make you livelier. Healthy snacks like nuts and seeds, fresh fruits and vegetables, and fish are a few of the best food choices to make when you want to boost your mood and feel great.

Exclude processed foods. We have already discussed at length

the harmful effects of processed foods on your health. In order to make sure that you are receiving adequate nutrients, begin by eliminating all processed foods from your diet and include healthy protein sources and whole foods. Prefer choosing nutrient-dense foods and high-quality organic proteins.

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