

# MOOD FOOD



GOOD  
FOOD = GOOD  
MOOD

If you eat properly, then you will have a good mood. Yet many people are don't know that some foods may give us a little advantage in this area.



Eating food that we enjoy can change our mood and make us feel happy and relaxed. However, when we eat our favourite foods sometimes this lead to negative emotions such as guilt and regret.



*How does*  
**Food**



*affect your*  
**Mood**

Food is one of the pleasures of life, and we prefer to eat foods we enjoy and avoid those we do not like.



To gain the most pleasure from the food we like there are other factors like: how hungry we are the right type of food, the right time with the right people is what will make us feel good and change our mood.



The strong desire for a specific type of food, or the urge to eat certain foods very common.



Men usually explain the strong desire for food as motivated by hunger, while women are more likely to associate food with negative mood, boredom and anxiety. Women are also more likely to show negative emotions such as guilt and regret after the consumption of food they really enjoy.





- Often people have the desire for “prohibited foods”, such as chocolate, potato chips, biscuits and nuts.



# What foods can change your mood?



To change our mood we can include in our diet foods containing «magic» nutrients such as those listed below:

### Mood-booster Foods

WHAT you eat impacts HOW you feel

The infographic features a central image of a woman in a colorful, flowing dress dancing. Surrounding her are various food items, each with a label for its associated nutrients. The items include: a chocolate bar (Antioxidants), an egg (Vitamin B12, Vitamin D), walnuts (Omega-3, Magnesium), a fried potato (Fiber, Carbohydrates), oranges (Vitamin C), a glass of milk (Calcium, Vitamins, Minerals), spinach (Folic Acid), a banana (Magnesium), and a piece of salmon (Omega-3). The logo for PositiveMed is also present.

Antioxidants

Vitamin B12  
Vitamin D

Vitamin C

Calcium  
Vitamins  
Minerals

Folic Acid

Omega-3  
Magnesium

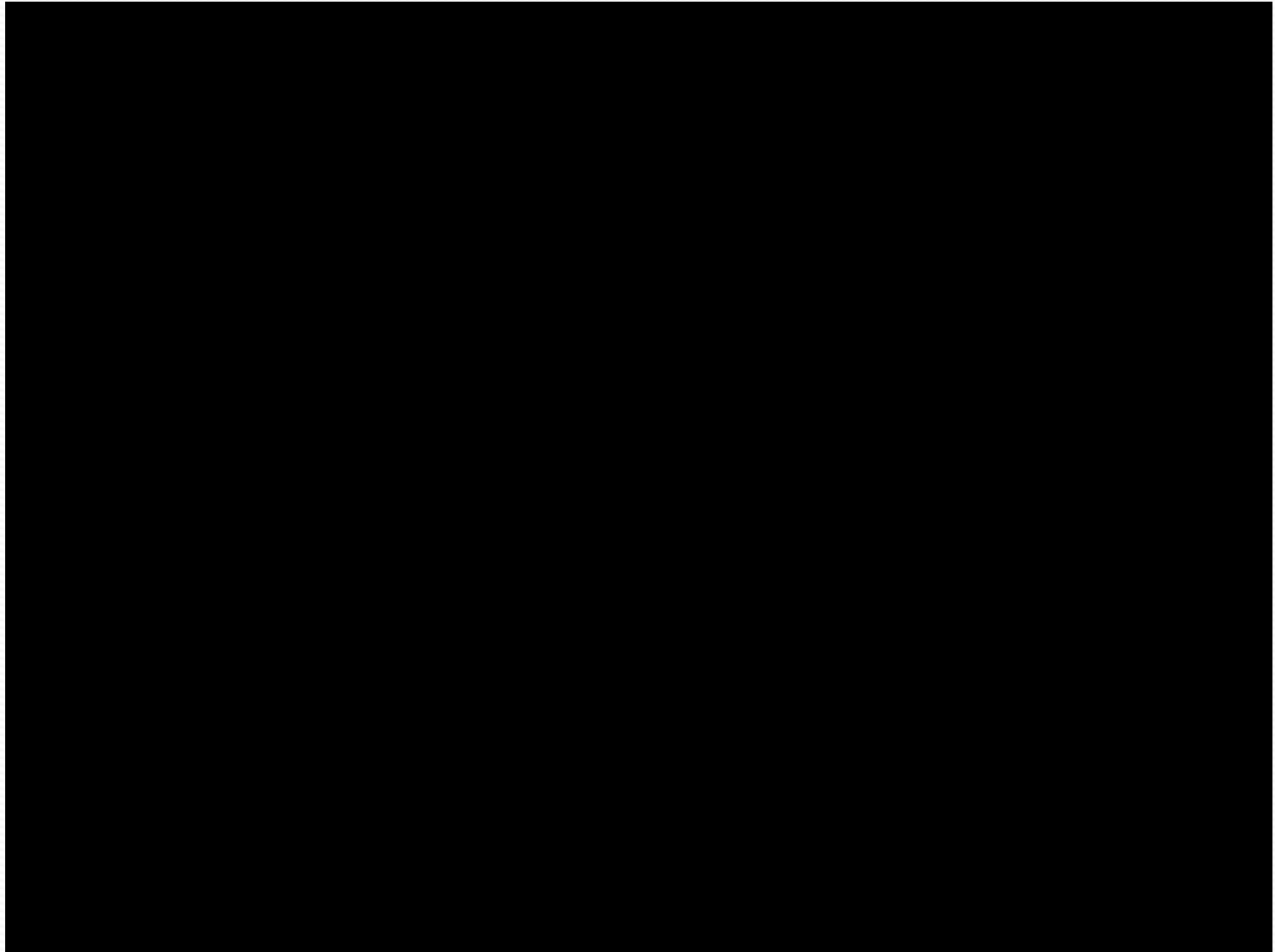
Omega-3  
Magnesium

Fiber  
Carbohydrates

Magnesium

Omega-3

PositiveMed





**THANK  
YOU  
FOR  
YOUR  
ATTENTION**