



# HAPPY FOOD HAPPY MOOD

## POCKET GUIDE

### COULD OUR HAPPINESS DEPEND ON WHAT'S AT THE TIP OF OUR FORKS?

The emerging field of nutritional psychiatry is finding there are correlations between what you eat, how you feel and how you behave.



#### Pro-inflammatory Foods

ADDED SUGAR



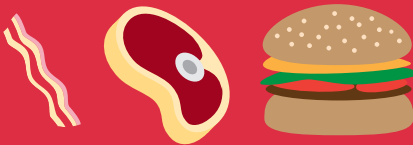
REFINED CARBOHYDRATES

HIGH SODIUM



TRANS-FATS

RED MEAT

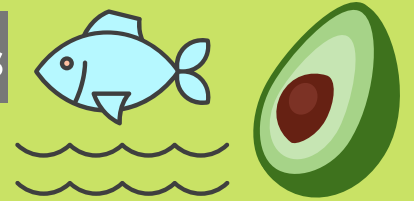


There is a significant association between pro-inflammatory foods and increased risk of depression.



#### Happy Foods

OMEGA-3 FATS



PROBIOTICS

FRUIT & VEGGIES



A diet high in fruits & vegetables is related to greater happiness, life satisfaction & a positive outlook!



### Cassandra Golden, MS, RD, LDN

Registered Dietitian

Mindful & Instinctive Eating Practitioner





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Gain a better understanding of how you can change your mood by changing your food with these research studies:

COPY AND PASTE INTO YOUR WEB BROWSER

### **FOODS WITH PROVEN MOOD-ENHANCING BENEFITS:**

- <https://www.ncbi.nlm.nih.gov/pubmed/23347122>
- <https://www.ncbi.nlm.nih.gov/pubmed/25080035>
- <https://www.ncbi.nlm.nih.gov/pubmed/28483500>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5465250/>
- <https://www.sciencedirect.com/science/article/pii/S0016508517355579?via%3Dihub>

### **A CONNECTION BETWEEN FOOD AND HAPPINESS:**

- <https://www.ncbi.nlm.nih.gov/pubmed/25080035>

### **A CONNECTION BETWEEN DIET AND DEPRESSION:**

- [www.sciencedaily.com/releases/2015/08/150805110335.htm](http://www.sciencedaily.com/releases/2015/08/150805110335.htm)
- <https://www.ncbi.nlm.nih.gov/m/pubmed/30502975/#fft>
- <https://www.sciencedirect.com/science/article/pii/S0889159113004698>
- <https://www.ncbi.nlm.nih.gov/pubmed/27498949>



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