

## How Food Affects Your Mood

**Diet is not just about calories. The foods you eat can affect your mood. Discover the foods that nourish your mind and your body.**

Do you feel sluggish midmorning or cranky in the afternoon? Do you grab sweets for energy? The foods you eat can affect how you feel.

“Diet is not just about calories,” says nutrition specialist Nicole Schaldone, MS, RD, CSO. “It’s about getting the nutrients we need to nourish our minds and bodies, and using foods for maximum energy.” Here’s how:

**Eat every four to five hours.**

**Start with a healthy breakfast.** For example, oatmeal is a whole grain carbohydrate that makes you feel good. The fiber helps that mood boost last. Whole grain toast and egg can give you a mental boost. Egg yolks contain choline, which may enhance memory.

**Stabilize your blood sugar.** Include protein and carbohydrate in all meals and snacks, such as a banana with a tablespoon of peanut butter or an apple and cheddar cheese. These healthy combinations help keep blood sugar levels stable and prevent a “sugar crash.”

