

When we NOURISH OUR BODY we NOURISH OUR BRAIN and we IMPROVE OUR MOOD

NOURISH YOUR BODY

Eat a diet rich in whole foods that provide antioxidants, nutrients, phytonutrients, fibre, essential fats, lean protein and complex carbohydrates.

Focus your diet on fresh or frozen vegetables and fruits, whole grains, legumes, nuts, seeds, flax, fish and WATER.

Add, add, add, vegetables. Include 3 cups leafy greens each day. Make one snack a day a veggie snack.

Add vegetables to your smoothie, your eggs, pasta sauce, rice and soups.

NOURISH YOUR MOOD

Avoid foods that negatively impact your mood: Sugar based snacks, wheat, dairy, salt, red meat, tea/coffee/cola, refined foods, restaurant/processed meals

Add foods that positively impact your mood: Water, fresh fruit, oily fish, vegetables/salads, nuts and seeds

Get plenty of Omega 3 oils - flax, cold water fish, walnuts, hemp and chia seeds

Get outside - being in nature and sunshine is an elixir for a bad mood

NOURISH YOUR BRAIN

What's good for your mood is good for your brain

Increase water intake, eat plenty of antioxidant rich foods and Omega 3 such as: fish, walnuts, flax

Exercise

Mental Stimulation - be a lifelong learner

Socialize

WATER

Drink more of it!

BALANCE YOUR BLOOD SUGAR

Avoid sugar and refined carbohydrates.

Eat 4 - 5 small meals/snacks throughout the day and include a complex carbohydrate, lean protein and a bit of fat with each meal/snack.

STRESS-LESS

Chronic stress is dangerous to your body and your brain.

Nutritional Stress is one stress you can control.

Develop stress management techniques, exercise, meditate, practice breathing exercises, yoga, listen to music, get outside,

EXERCISE

Benefits of moving: Stress management, boosts IQ, manage arthritis, fight depression, build your immune system, build strong bones, slow the aging process.

IMPROVE YOUR DIGESTION

Practice mindful eating, eat slowly, don't drink cold water just before you eat, chew your food thoroughly, stop eating when you're satisfied, eat smaller meals more often, eat foods high in fibre, avoid processed food, eat raw vegetables and fruits for their digestive enzymes.

SLEEP

Strategies for better sleep: Sleep in a dark room (to assist in melatonin production) and wear an eye mask if necessary, sleep in a cool room (max 20 degrees), de-clutter your room, avoid carbohydrates, alcohol, tobacco, sugar and rich foods 2 hours before bed, if you need a snack before bed, make it a high protein snack (e.g. walnuts)

JOURNAL

Create a greater awareness of your eating habits and your relationship with food by journaling.

NUTRIENTS FOR BRAIN AND MOOD *(adapted from Patrick Holford's book The Feel good Factor)*

NUTRIENT	EFFECTS OF DEFICIENCY ON MOOD & BRAIN	FOOD SOURCES
Vitamin B1	Poor concentration and attention	hole grains, vegetables
Vitamin B3	Depression, psychosis	Whole grains, vegetables
Vitamin B5	Poor memory, stress	Whole grains, vegetables
Vitamin B6	Irritability, poor memory, depression, stress	Beans, fish, potatoes
Folic Acid	Anxiety, depression, psychosis	Lentils, beans, spinach
Vitamin B12	Confusion, poor memory, psychosis	Meat, fish, dairy, eggs
Vitamin C	Depression, psychosis	Vegetables and fruit
Magnesium	Irritability, insomnia, depression	Green vegetables, nuts, seeds
Manganese	Dizziness, convulsions	Nuts, seeds, tropical fruit, tea
Zinc	Confusion, blank mind depression,	Oysters, nuts, seeds, fish
Vitamin D	Depression, PMS and SAD	Oily fish, dairy, sunlight
Omega 3	Inflammation, poor cognition	Oily fish, flax, walnuts, chia, hemp

FOR MORE INFORMATION AND TO LEARN TO FEEL GREAT CONTACT



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