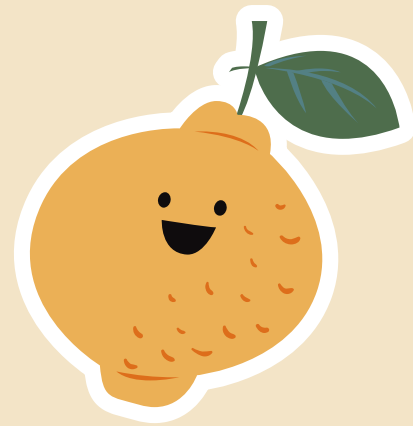


# Feel-Good Foods to Fuel Your Mindset



# Food for thought

01

Food = mood?

Fueling beyond the physical

03

Let's get  
snackin'

Tangible ways to feed the  
happy

02

Gut-brain  
connection

It's a gut feeling

04

Think  
"expansive"

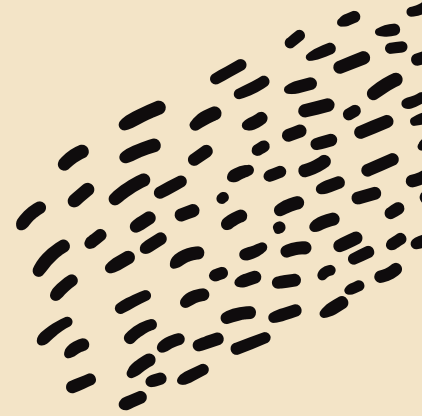
Eat the rainbow to feel like  
gold!



# Poll:



Do you notice a correlation between how you feed your body and how you think or feel?



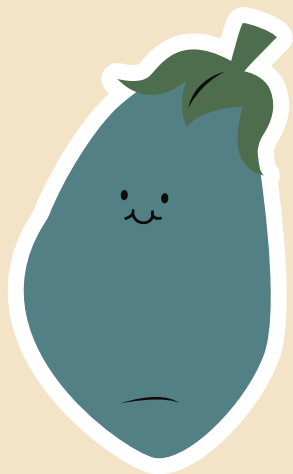
01

Can you eat your way to  
a sunnier disposition?



# Well, nutrition does play a major role

There's no one specific diet that has been proven to relieve depression or anxiety. Still, certain eating patterns and foods can be a substantial piece of the feel-good puzzle.





# Nutritional psychiatry

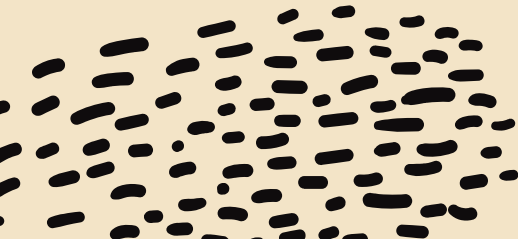
A fast-growing approach  
that uses food in the  
treatment of mental  
health conditions

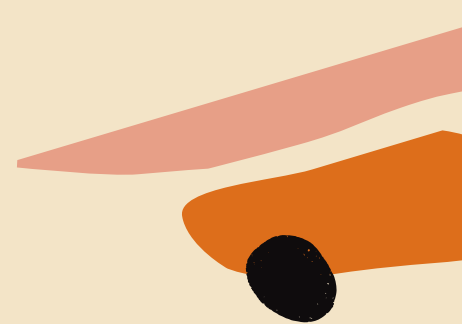
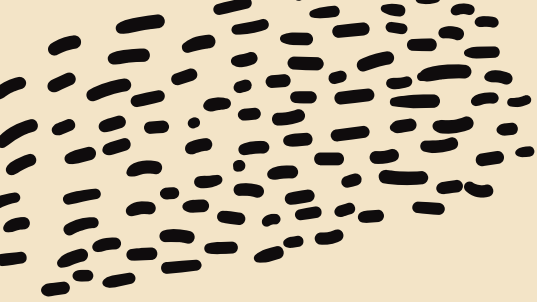


02

# Gut-brain connection

Both physical and biochemical





“Your gut and your emotions  
are a two-way street.  
They both impact each other.”

—*The Doctor's Pharmacy*





# You may have heard the expressions....

Go with your gut

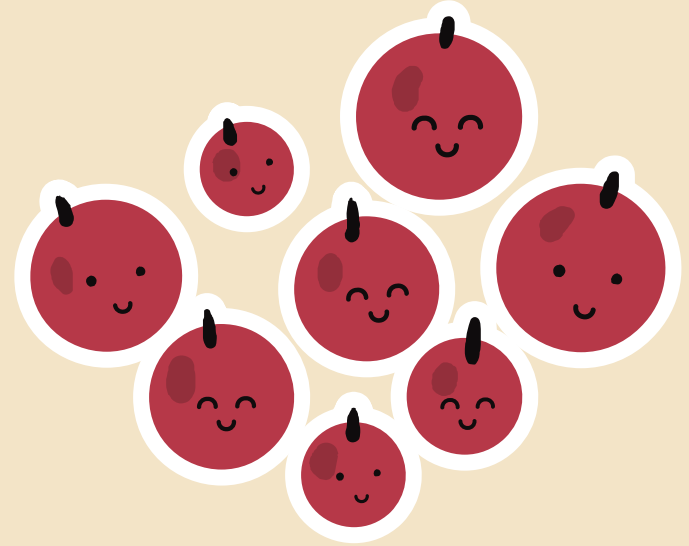
Gut feeling

Trust your gut

Gut instinct

Butterflies in my stomach

Gut wrenching



# The science behind food & mood

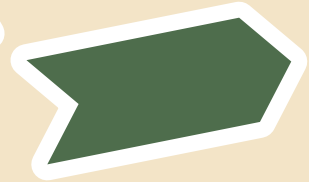
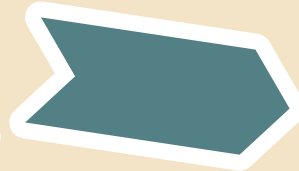
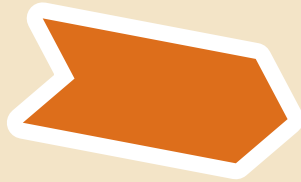
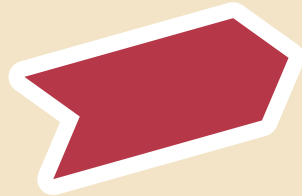


Serotonin & dopamine

Key neurotransmitters that influence mood

Brain is receiving positive messaging loud & clear

When neurotransmitter production is in good shape



Think of your gut as a “2<sup>nd</sup> brain”

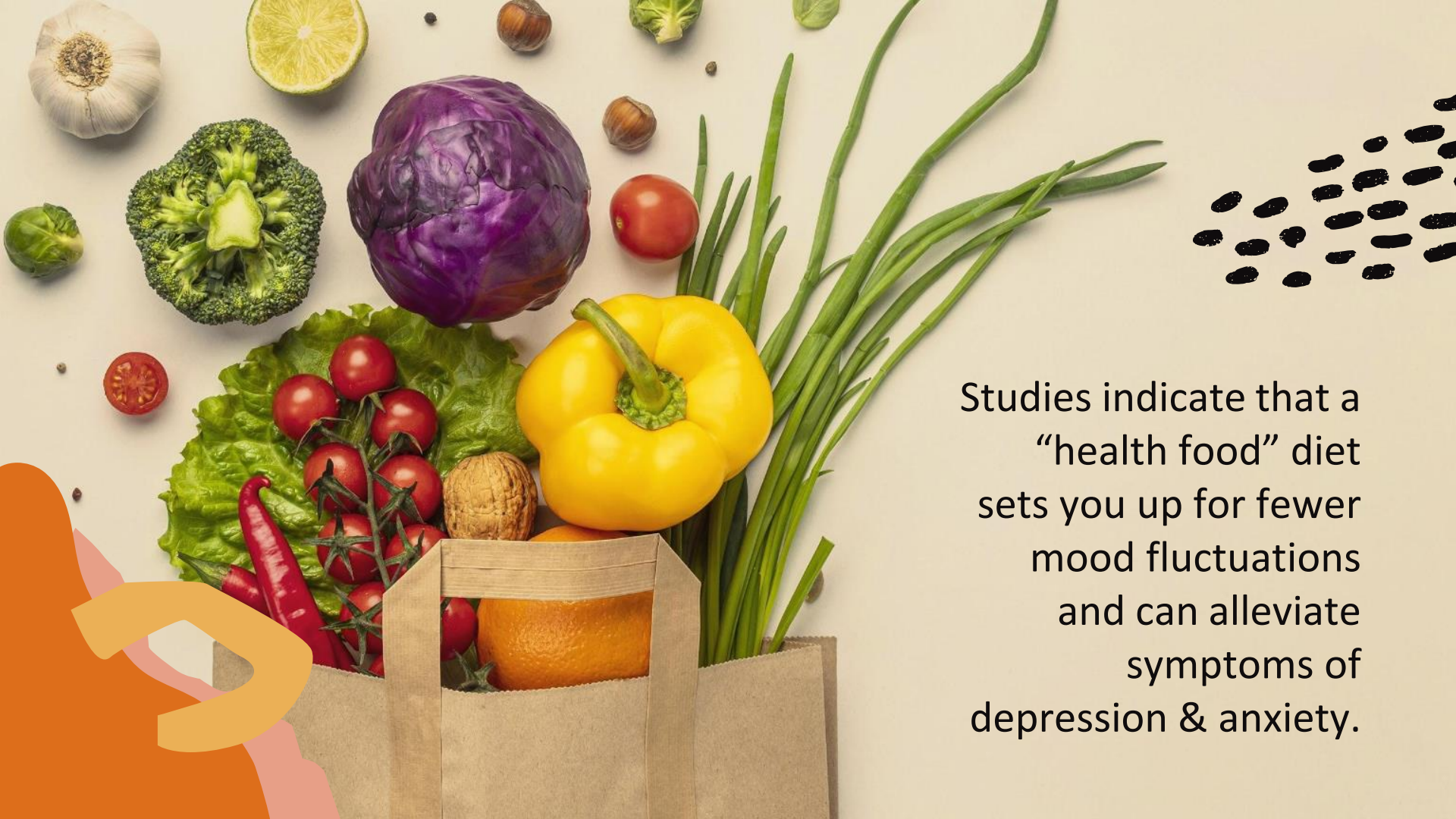
The GI tract is home to billions of bacteria that influence the production of neurotransmitters

Certain foods promote the growth of “good” bacteria

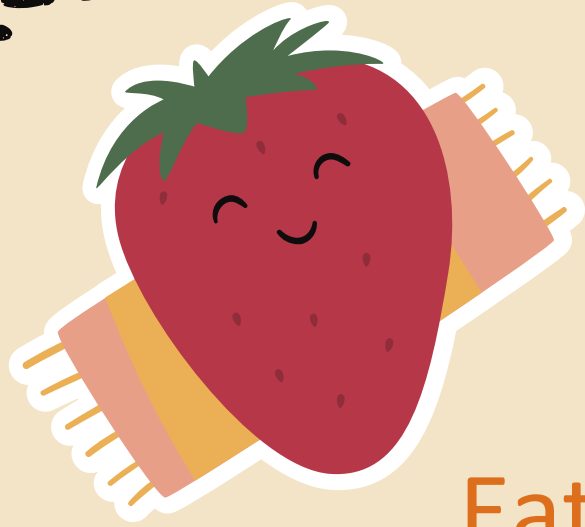
This positively impacts neurotransmitter production

It’s tricky, though

Sugar can temporarily spike dopamine, but is a culprit of inflammation and “bad” bacteria growth



Studies indicate that a “health food” diet sets you up for fewer mood fluctuations and can alleviate symptoms of depression & anxiety.

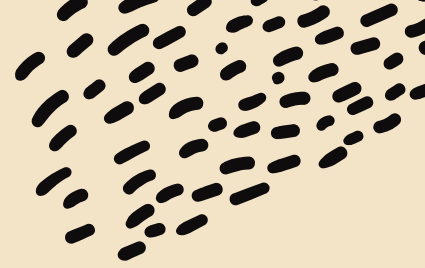


# Eat the rainbow for a brighter outlook

Ready to practice a positive mindset?

Let's fill our plates first!

# Foods that love you back



## Whole foods

Packaged by nature

## Fermented & cultured foods

Pump up the probiotics

## Fiber

Plant-forward choices will fill you up and quell the crash

## Essential fatty acids

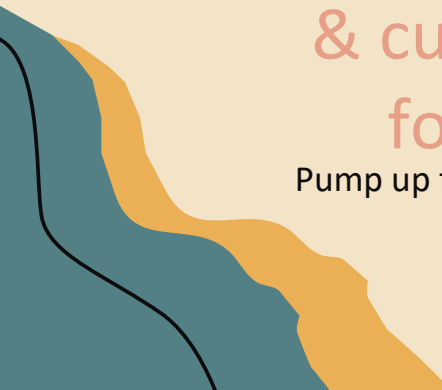
Fat-based friends

## Antioxidants

Inflammation fighters

## Other micronutrients

Think folate, vitamin D, magnesium and B vitamins

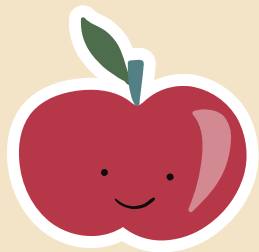


# Whole food examples

<b>Fruits:</b> berries, bananas, apples, avocados	✓
<b>Veggies:</b> spinach, mushrooms, bell peppers, tomatoes	✓
<b>Protein:</b> eggs, meat, fish	✓
<b>Nuts, seeds &amp; legumes:</b> chia seeds, walnuts	✓
<b>Whole grains:</b> farro, whole wheat bread, oatmeal	✓



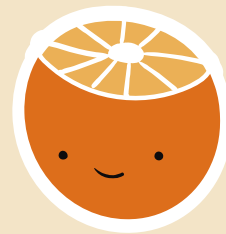
# Fiber-iffic



## Smart carbs

The parts of plant foods you  
body can't absorb

Examples: veggies, fruits,  
whole grains and legumes



## Bounty of benefits

Lower cholesterol, steady blood  
sugar, regular bowel movements,  
**lower risk of symptoms of  
depression**



# Superstars

## Antioxidants

Beta carotene  
Lycopene  
Lutein & zeaxanthin  
Selenium...

## Fermented/cultured foods

Greek yogurt  
Sauerkraut  
Miso  
Apple cider vinegar...



## Fatty acids

Olive oil  
Avocado  
Walnuts  
Chia seeds...

## Special shout-out

Herbs, spices, tea & coffee:  
Cinnamon  
Turmeric  
Ginseng  
Green tea  
Oregano....





You can't forget

m

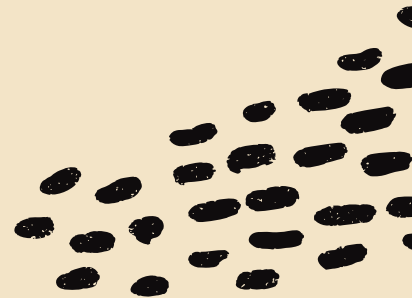
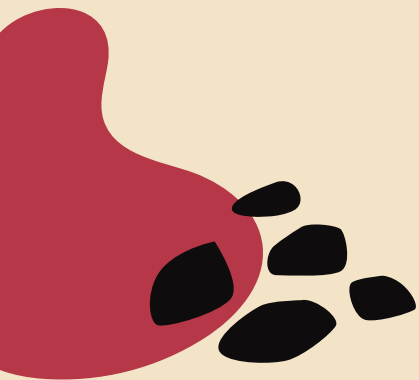




**CHOCOLATE**

04

# Think big

Explore new foods to fuel an optimistic attitude






# On your plate and on with your life

Incorporating good-mood foods into your diet may take a little extra effort at first.

Think “expansive.”

What can you ADD to your plate that will help prime your positive mindset?



# Intrigued?

Watch the Ted Talks video:

“The Surprisingly Dramatic Role of Nutrition in Mental Health” with Julia Rucklidge, Clinical Psychologist



# Thanks!

Get ready for a feel-good foods demo to learn how to incorporate some of the superstars we just featured!

