

FOOD FOR MOOD

The first step to building health is to have an understanding that it is a mental and physical process. This combination is influenced by psychosocial factors that include lifestyle and nutrition. Research has shown that food choices and low nutrient diets contribute to mental health issues and addiction. Depression predicts and contributes to chronic disease, particularly diabetes. Hypoglycemia affects executive functioning, as it decreases attention, decreases emotional regulation, decreases ability to cope with stress and increases impulsivity and aggression.

Our body is a system, and what we put into it fuels how efficient it will function. The benefits of eating enough protein will be less fatigue, better sleep, more energy, feeling hungry less often, decreased anxiety, more stable moods, and higher metabolism from having more muscle mass. Eating more frequently prevents hypoglycemia, lowers levels of stress hormones, adrenaline and cortisol, and prevents physical diseases, such as cardiovascular disease. Examining our diet for a healthy balance of nutrients, and how often to take in those nutrients, will improve the physical functioning of the body as well as mental health.