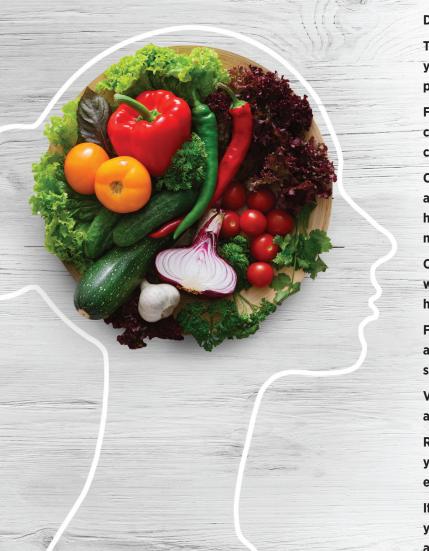# TOA
TENNESSEE ORTHOPAEDIC ALLIANCE

MOOD BOOSTING FOODS

Did you know that what we eat can impact our mood?

There are certain types of foods you can focus on to improve your mood and symptoms of depression such as fresh produce, complex carbs, omega-3s, folate, Vitamin C, etc.

For every 100 grams (1 cup) of fruits or vegetables consumed, the risk for depression falls by up to 5%! Add color to your plate!

Complex carbohydrates such as berries, oats, chickpeas, and black beans help to balance blood sugar. These foods help you avoid the "hanger" feeling and help to stabilize mood.

Omega-3 fats such as avocados, olives, fatty fish, flaxseed, walnuts, and chia seeds have been proven to boost mood in healthy and depressed individuals.

Folate is a nutrient that aids in the production of dopamine and other neurotransmitters. Foods high in folate include spinach, asparagus, Brussels sprouts, and pomegranates.

Vitamin C foods such as orange, bell peppers, lime, lemon, and tomatoes assist in dopamine and serotonin production.

Remember, the number one factor you should consider with your nutrition is whether or not you are eating enough and eating a variety.

If you are not eating enough and/or diversifying your diet, you are at a greater risk for nutrient deficiencies which can also impact mental health!

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