

FOOD & MOOD

A. ESTABLISH MORE AWARENESS THROUGH MONITORING

- Establish a pattern of regular eating
- Identifying triggers and creating safety/better boundaries
- Strategies for meal time
- Strategies for eating alone
- Hunger, fullness and enjoyment from your food
- Recognize mood, feelings, and thoughts throughout the day
- Sleep patterns
- Movement patterns
- Water and fluid intake

B. DEPRESSION AND/OR ANXIETY

<i>greater cravings towards sugar (e.g., cookies)</i>	<i>increased desire for alcohol (depresses CNS)</i>	<i>risk for increased gastrointestinal distress</i>
<i>greater cravings towards refined carbohydrates (e.g., pasta, bread, etc.)</i>	<i>appetites shifts towards comfort food - childhood*</i>	<i>foods that speak "survival" - e.g., sugar/carbohydrate & fat combo (pizza)</i>
<i>increased risk for disordered eating behaviors</i>	<i>dysregulated eating pattern (e.g., skipping meals)</i>	<i>low mental and physical energy to cook or prepare meals</i>

C. MOOD ENHANCEMENT THROUGH FOOD

1. **DAILY** = eat foods rich in tyrosine and tryptophan as they are the precursors to dopamine and serotonin (e.g., poultry, seafood, cheese, dairy, whole grains, beans, chocolate, etc.)
2. **WEEKLY** = monitor foods that disrupt your gut health
3. **DAILY** = consume foods rich in prebiotic fiber, anti-inflammatory compounds and beneficial microbes
4. **WEEKLY** = eat adequate amounts of omega-3 fatty acids or consider an omega-3 supplement with high levels of EPA
5. **DAILY** = vitamin D3 supplements and/or SUNSHINE in conjunction with zinc
6. **WEEKLY & DAILY** = integrate foods that are truly enjoyable and satisfying (prevent feeling unsatisfied and craving more)
7. **EAT MORE CHOCOLATE. <3**

MY DAILY ROUTINE

Write habits and patterns you wish to establish. See a few examples below.

MORNING	MID-DAY	EVENING
enjoy my cup of coffee	cut off coffee intake by 2:00 pm / snack on ½ oz. of chocolate with berries	enjoy my cup of chamomile tea
eat breakfast between 7:00 and 8:00 am on a daily basis (prebiotic fiber, vit. D3, zinc gluconate supp.)	eat lunch by 1:00 pm & have a snack between 2:30 & 4:00 pm	enjoy dinner between 6:00 & 7:00 pm (integrate foods rich in tryptophan and/or tyrosine, honor carbohydrate source)