

# URI SNAP-ED NUTRITION NEWSLETTER



## BOOST YOUR MOOD WITH FOOD

Many foods contain important nutrients, such as vitamins, minerals, and antioxidants that can help naturally boost your mood and keep you feeling happy and healthy.

### What Foods Can Help Boost Your Mood?

Food	Mood Boosting Benefits
 <b>Citrus Fruits</b>	Vitamin C helps reduce stress and improve mood.
 <b>Eggs</b>	Vitamins and minerals in eggs help decrease depression, improve your mood, and protect your brain.
 <b>Berries</b>	Antioxidants help your body fight inflammation. Inflammation can lead to depression and poor mood.
 <b>Leafy Greens</b>	B vitamins help improve brain function. Iron lowers anxiety and bad feelings.
 <b>Bananas</b>	Vitamin B6 helps you feel happy. Bananas also balance blood sugar to improve your mood.
 <b>Salmon</b>	Omega-3s and vitamin D decrease depression and anxiety.

### Important Words to Know:

- **Vitamins and Minerals** are found in foods. Your body needs them to work properly so you can stay healthy.
- **Antioxidants** help protect your body and cells from damage.
- **Cells** are what make up your body and take in nutrients from food to give you energy.

**Food is only one part of keeping your mind healthy. Talk to your doctor if you are worried about your mental health.**

SNAP-Ed is out in the community doing face-to-face programs and also virtually as requested. Please call our hotline at 1-877-366-3874, visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family recipes, friendly recipes and information.



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## How to Save Money on Mood Boosting Foods

 <p>Citrus Fruits</p>	<p>When not in season, choose canned options. Look for fruit in 100% juice instead of "light syrup" or "heavy syrup."</p>
 <p>Berries</p>	<p>When not in season, choose frozen options. Look for frozen fruit that has no added sugar.</p>
 <p>Leafy Greens</p>	<p>Worried your greens might go bad before you use them? Try frozen leafy greens. Choose those without added salt or sauces.</p>
 <p>Salmon</p>	<p>Canned salmon or frozen salmon are low-cost options that offer the same health benefits as fresh salmon.</p>



### A Mood Boosting Breakfast Power Bowl to Start Your Day



#### Ingredients

- 1 large egg
- 1 cup water
- 1/2 cup old fashioned oats
- 1/2 mashed banana
- 1/2 teaspoon cinnamon
- 1 teaspoon brown sugar
- Pinch of salt
- Optional: Fresh or frozen berries



#### Directions

1. Beat egg with all other ingredients in a microwave-safe bowl or mug.
2. Microwave on high for 2 1/2 to 3 1/2 minutes.
3. Optional: For an added mood boost, top your bowl with fresh or frozen berries.

**Serves: 1    Serving Size: 1 Bowl**

#### Additional Tip:

During the winter, we do not get enough vitamin D which can lead to seasonal depression. It is important to eat foods that contain vitamin D to boost your mood. Try options like salmon or foods with added vitamin D such as milk, orange juice, and some cereals.



For more mood boosting recipes, visit our website at <https://web.uri.edu/community-nutrition/recipes/>