

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?

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

Salmon

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 or follow us on social media for more family recipes, friendly recipes and information.



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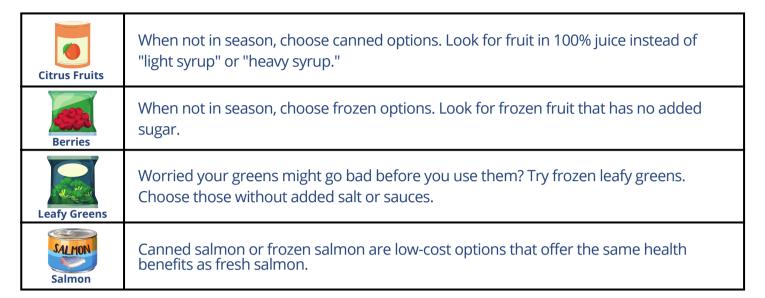


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How to Save Money on Mood Boosting Foods



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

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Directions

- 1. Beat egg with all other ingredients in a microwave-safe bowl or mug.
- 2. Microwave on high for 2 ½ to 3 ½ 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/

