



Food for a good mood

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Abstract. *“I got sick in a good mood. I won't take sick leave. Let people get infected.”*

Not long ago, this phrase, whose authorship is unknown, appeared on the Internet and immediately entered the list of cult ones. Since then, they have changed and supplemented it in every possible way, signed photographs and pictures with it, put it in statuses on social media networks, discussed and commented... Why such increased interest in seemingly ordinary words, you ask?

Everything is extremely simple. After all, a good mood is not only salvation from the blues and depression, but also the key to success in your career and on the personal front. And this is also the emotional state without which our whole life seems insipid and boring.

Key words: food for mood, recommendations, benefits, harm, beneficial properties, contraindications

Nutrition and mood

It has long been known that the food a person consumes directly affects his physical and mental health. However, there is still debate about the causes and consequences of such exposure. And yet, nutritionists and scientists write books on this topic, develop diets and their own principles of proper nutrition, the main advantage of which is, perhaps, their richness. After all, with such an abundance of possibilities, everyone can choose something optimal for themselves.

The most popular and effective are considered to be **the paleo diet**, **the Mediterranean diet** and the “**Non Diet**”, which, in essence, is a rejection of any diet. And the most famous books are “*Food and Mood*” and “*The Path to Happiness Through Food*” by Elizabeth Somer, as well as “*The Happiness Diet*” by Drew Ramsey and Tyler Graham.

The connection between food and human well-being

It is noteworthy that these and other authors put the main meaning into their publications, which boils down to the fact that everything that a person eats has a tremendous impact on his emotions. After all, useful microelements that enter the human body along with food feed not only his body, but also his brain.

Laura Paulak said it well in her book “ Hungry **Brain** ”: “our brains are constantly fixated on survival, which is closely related to the search for pleasure from food.” Moreover, most often he prefers sugar, fats and salt, as they contribute to the production of the hormone dopamine, which is conventionally called the “ **hormone of happiness** ” for its direct effect on the functioning of the central nervous system.

By the way, this is well known to companies that make money in the food industry and make full use of this knowledge in their work, easily forcing their consumers to buy certain products again and again. But this does not mean that our brain is our enemy. It's just that he constantly demands high-calorie and energy-rich food, which is what they most often are, and also has a good memory for tastes...

However, in fact, sugar, salt, and fats are far from those foods, the consumption of which can truly improve a person's mood. And entire “treatises” have been written about their harm. But, without knowing this, people deliberately introduce more food into their diet that causes temporary pleasure, then confusing this feeling with a real good mood.

The path to happiness lies through serotonin

Serotonin is a biologically active substance that is released into the blood and improves a person's mood. Unfortunately, humanity cannot use it in its pure form, except perhaps as part of antidepressants. However, anyone can help increase its production.

To do this, it is enough to introduce into your diet foods rich in tryptophan, without which the production of serotonin is impossible.

Protein foods: [1] various types of meat, in particular turkey, chicken and lamb; cheese, fish and seafood, nuts, eggs.

In vegetables: different types of cabbage, including sea cabbage, cauliflower, broccoli [2], etc.; asparagus [3], beets [4], turnips, tomatoes [5], etc.

In fruits: bananas [6], plums [7], pineapples [8], avocados [9], kiwi [10], etc.

In addition, tryptophan is found in **legumes and seeds**.

After analyzing these food lists, it turns out that a balanced diet is the key to a good mood. In essence, this is true. And nutritionists all over the world talk about this. Moreover, to produce serotonin itself, it is not enough to simply eat a banana with treptophane, because it will not be absorbed without the presence of vitamin C, which is found, for example, in citrus fruits and rose hips [11]. Bad habits and alcohol also negatively affect its level, so you will have to give them up too.

Food for your mood: five foods that help improve your mood

Sometimes it happens that a person who adheres to the principles of proper nutrition still wakes up in a bad mood. And there is nothing unusual in this, because we are all living people, not robots. It is for such moments that the top list of products for a good mood has been developed. It included:

1. Salmon and shrimp - they contain omega-3 polyunsaturated acids [12], which suppress depression and improve a person's emotional state;
2. Cherry tomatoes and watermelons [13] – they are rich in the natural antioxidant lycopene, which prevents feelings of depression and blues;
3. Chili pepper - when tasting its taste, a person experiences a burning sensation, along with which there is a release of endorphins, similar to what is observed after a long workout in the gym;

4. Beetroot – it contains vitamin B, which has a positive effect on mood, memory and thought processes, and also promotes the production of antidepressants in the body; [14]
5. Garlic – It contains chromium, which not only helps regulate blood sugar levels, but also promotes the production of serotonin and norepinephrine. [15]

Food that worsens your mood

In March 2013, researchers at a university in Pennsylvania published sensational research results. Experimentally, they proved that people suffering from depression should not eat unhealthy food - high in calories and devoid of any nutrients (chips, candy, hamburgers, pizza, french fries). Due to the high content of sugar and simple carbohydrates, it provokes a surge in blood glucose levels, and then its sharp drop. The same thing ultimately happens with your mood, the only difference being that this time it will “fall even lower,” which means it will be more difficult to raise it.

Alcohol and coffee. By using them to improve your mood, you are unlikely to lift it. But you will definitely lose it, and will also gain nervousness, irritability and absent-mindedness.

In addition, psychologists insist on keeping a so-called “food diary” in cases where a person suffers from mood swings too often. After all, eating the same products can bring moral satisfaction and benefit to someone. And for some - nausea, stomach pain or a banal deterioration in mood.

What else does serotonin level depend on?

Undoubtedly, sometimes just introducing the right foods into the diet is not enough, and the person himself not only experiences a constant feeling of depression, but also begins to suffer from depression. In this case, it is important to reconsider your views on life. After all, other factors also influence our mood, namely:

- lack of sleep;
- lack of protein in the diet;
- lack of omega-3 acid, which is found in fish;
- alcohol and coffee abuse;
- lack of vitamins and microelements.

A good mood is not just a surge of vigor and strength. This is a great tool that opens all doors and helps you experience real pleasure in life. Don't deprive yourself of this! The result is worth it!

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