

## Can Food Affect My Mood?

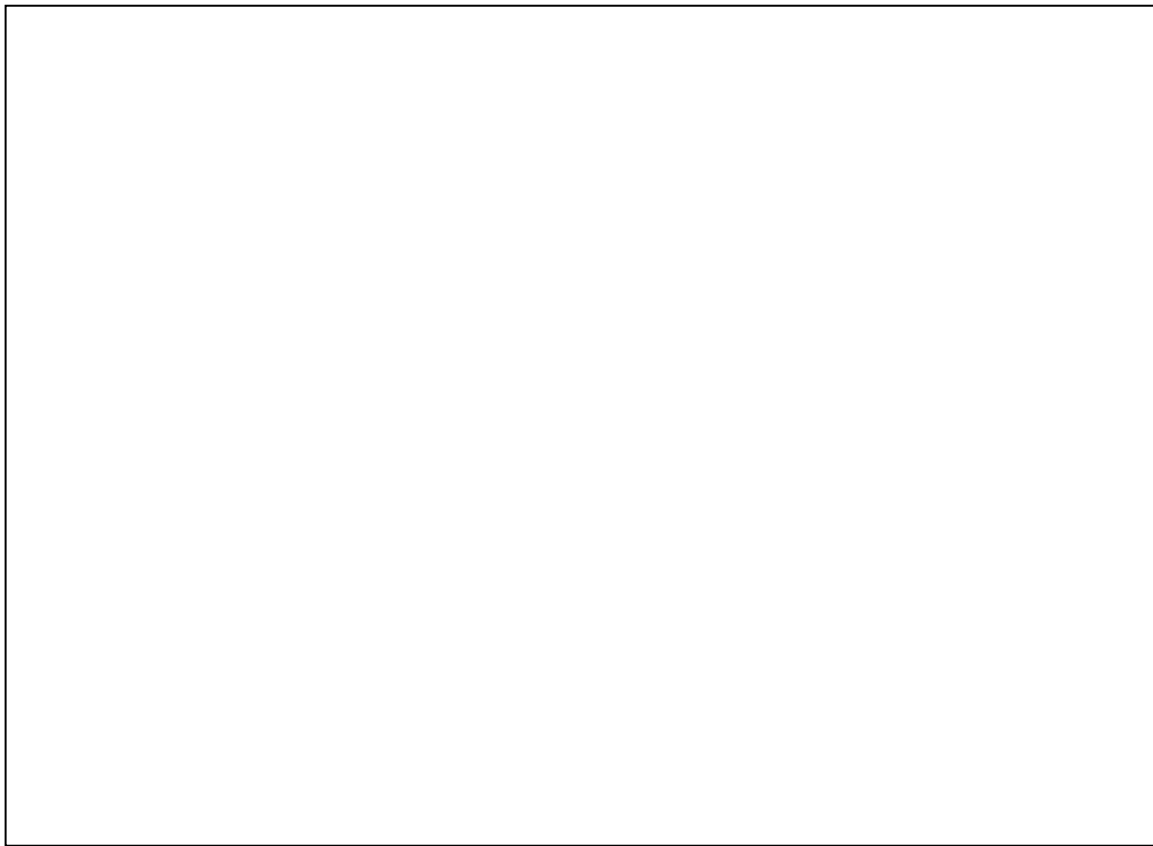
### Background Assessment Questions:

1. How often do you feel, look, act, and function at your best?
  - a. Most of the time.
  - b. At least 50 percent of the time.
  - c. I get by most of the time, or am down more often than I'm up.
  - d. I seldom feel really good.
2. Are you currently seeing a physician for any disease or problem?
3. Do you have a personal or family history of depression, insomnia, stress-related health problems, weight problems, premenstrual syndrome (PMS), Seasonal Affective Disorder (SAD), or other emotional or mood disturbances?
4. Do you frequently develop colds, infections, or other signs of a weakened immune system?
5. Do you take any medications, including aspirin, birth-control pills or estrogen, antibiotics, or medications for heart disease or elevated blood pressure?
6. Do you use tobacco or are you frequently around people who smoke?
7. Do your eating habits change during certain times of the month or during the winter? If yes, when and how do your eating habits change?
8. Do your eating habits change when you are sad, irritable, depressed or lonely; happy, excited, stressed or with friends, or when you are tired, lacking in sleep, or not feeling "up to par"? If yes, when and how do your eating habits change?
9. What foods do you avoid? Why do you avoid these foods?

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### Action Opportunity: *Food and You*

Without thinking too much, draw or write pictures, symbols, or words that come to mind when you think about food. Does thinking about your relationship with food bring up any positive or negative feelings or associations? Try not to censor what you draw or write. When you feel that you are done, reflect about what you see. Does your work show a happy “friendship” with food, or does it show aspects that are on the negative side? What would you like to change? What do you need to make change happen? Note your thoughts below.



My observations:

## **Dietary Assessment Questions**

1. What is the best example of your most typical eating style?
  - a. I eat five or six mini-meals and snacks evenly divided throughout the day.
  - b. I eat three square meals a day.
  - c. I nibble all day, perhaps eating eight or more times in a day.
  - d. I eat sporadically. One day I skip breakfast and lunch, then eat a large dinner. The next day I might eat breakfast and several snacks, but skip dinner.
  
2. If you eat a morning meal, which of the following best represents your typical breakfast?
  - a. Cereal or toast, milk, fruit.
  - b. Eggs, bacon, toast with butter, coffee.
  - c. Doughnut and coffee.
  - d. Coffee or tea.
  
3. If you eat a midday meal, which of the following best represents your typical lunch?
  - a. A grain (such as pasta or bread), meat, and a vegetable, or, a large salad that contains some meat or cheese and a roll.
  - b. A large meal, such as a hot roast beef sandwich with gravy and mashed potatoes.
  - c. A fast-food lunch, such as a hamburger, French fries, and a beverage.
  - d. Coffee, candy bar, or soda.
  
4. If you eat an evening meal, which of the following best represents your typical dinner?
  - a. I keep dinner light and usually have small portions of fish, salad, pasta, and/or fruit.
  - b. Dinner is my biggest meal and can include generous portions of meat, vegetables, and bread or potato.
  - c. A frozen entrée or a meal-replacement drink.
  - d. I usually skip dinner or grab something from a fast-food restaurant.
  
5. What do you eat most frequently for a snack?
  - a. Fruits and vegetables, whole-grain breads, or yogurt.
  - b. Cookies, potato chips or granola bars.
  - c. Candy bar, doughnut, or French fries.
  - d. Nothing, I seldom or never eat between meals.
  
6. What types of foods do you consume between dinner and bedtime?
  - a. Fresh fruits and vegetables, whole grains, or low-fat milk products.
  - b. Snack foods, such as popcorn, crackers, potato chips, or other convenience foods.
  - c. Chocolate, cola soft drinks, hot cocoa, or coffee and tea.
  - d. I do most of my overeating in the evening, including large bowls of ice cream with chocolate sauce, or second servings of leftovers from dinner.

7. How frequently do you have strong cravings for starchy or sugary foods?
  - a. Seldom.
  - b. Only during certain times of the month or year, such as in the winter or during hormonal cycles.
  - c. Frequently.
  - d. Daily; the urges often lead to over-consumption of the craved food.
  
8. How many cups (5-ounce servings) of caffeinated coffee or tea do you drink during a typical day?
  - a. I don't drink caffeinated coffee or tea.
  - b. Two to three 5-ounce cups or fewer.
  - c. Four 5-ounce cups.
  - d. Five or more 5-ounce cups.
  
9. What is your average alcohol consumption for the week? (One drink is a 5-ounce glass of wine, 1.5-ounce shot of hard liquid, or a 12-ounce beer.)
  - a. I average less than five drinks a week, or do not drink at all.
  - b. I average one drink a day.
  - c. I average ten drinks a week.
  - d. I average two drinks or more a day.
  
10. How many 8-ounce cups of plain water do you drink daily?
  - a. Six or more cups.
  - b. Four or five cups.
  - c. Two to three cups.
  - d. I seldom drink water.
  
11. How often do you limit intake of salty foods and avoid using salt in food preparation or at the table?
  - a. Always.
  - b. Usually.
  - c. Often.
  - d. Seldom or never.
  
12. How often do you bake, broil, poach, or grill food rather than fry, sauté, or use sauces and gravies that contain fat?
  - a. Always.
  - b. Usually.
  - c. At least 50 percent of the time.
  - d. Seldom or never.

Questions adapted from Food & Mood: The Complete Guide to Eating Well and Feeling your Best, 2<sup>nd</sup> edition, by Elizabeth Somer, M.A., R.D.:

## Antioxidant-Rich Foods

Examples of foods that contribute brain-protecting antioxidants:

### Vitamin C:

Green pepper	Orange juice	Grapefruit
Brussels sprouts	Strawberries	Broccoli
Collard greens		

### Beta Carotene:

Carrot juice	Carrot	Sweet potato
Spinach	Apricots, dried	Collard greens
Beet greens	Cantaloupe	Peach

### Vitamin E:

Wheat germ oil	Wheat germ	Almonds
Safflower oil		

### Selenium

Organ meats	Seafood	Lean meat
Chicken	Whole grains	Nonfat milk

Vegetables and fruit (content varies depending upon the selenium content of the soil where they were grown)

## Food Sources of B Vitamins

A poor intake of several B vitamins could be part of any lower-than normal mental functioning, possibly leading to mild depression and apathy. In most cases, a renewed emphasis on healthful eating can supply your brain with the nutrients it needs to perform well.

B1 (thiamine): wheat germ, brewer's yeast, green peas, collard greens, oranges, cooked dried beans and peas, asparagus

B2 (riboflavin): low-fat milk, yogurt, oysters, avocados, spinach, broccoli, Brussels sprouts

Niacin: chicken, salmon, extra-lean beef, peanut butter, green peas, potatoes, brewer's yeast

Pantothenic acid: oranges, collard greens, potatoes, broccoli, brown rice, cantaloupe

Biotin: oatmeal, soybeans, peanut butter, salmon, low-fat milk, brown rice, chicken

B12: oysters, tuna, yogurt, low-fat milk, fish, cheese, extra-lean beef

Folic acid: brewer's yeast, spinach, orange juice, romaine lettuce, avocados, broccoli, wheat germ, cooked dried beans and peas, bananas