

## Good Mood Foods

**Healthy foods are great at making us feel happy and boosting our mood!**

There are plenty of wholesome foods with nutritious ingredients that have been shown to boost our mood and our overall health. Try out some of these 'Good Mood Foods' below!

### Fish

Fatty fish like salmon and tuna are rich in omega-3 fatty acids, a group of key fats that our bodies can't produce on their own. Omega-3s contribute to our brain health and development and can also improve our mood!



### Dark chocolate

Chocolate is rich in many mood-boosting ingredients which increase blood flow to our brains, reduce inflammation and boost brain health. The pleasurable taste, texture, and smell of chocolate may also promote good mood! Because milk chocolate contains added ingredients like sugar and fat, dark chocolate is a healthier option.



### Fermented foods

Fermentation is the process in which a substance breaks down into a simpler substance. Microorganisms like yeast and bacteria usually play a role in the fermentation process, creating bread, kimchi, yogurt and other foods. Fermented food may improve gut health and mood. Probiotics in these foods support the growth of healthy bacteria in our gut and may increase serotonin (our brain's natural "feel-good" chemical) levels.

# laya Super troopers

## Good Mood Foods

### Bananas

Bananas are high in vitamin B6, which helps to produce those feel-good chemicals in our brains, like serotonin and dopamine. The balance of sugar and fibre in bananas also allows for better mood control, as fibre helps to release the sugar slowly into our bloodstream.

### Oats

Oats can be enjoyed in many forms – oatmeal, muesli, granola or overnight oats. They are an excellent source of fibre, helping to release sugar gradually into our bloodstream and keep our energy levels stable. They also boast a high iron content which can improve our mood!

### Berries

Berries pack a lot of antioxidants, which combat harmful compounds in our bodies. The pigment that gives certain berries their purple-blue colour (anthocyanins) has also been shown to reduce the risk of low mood. Frozen berries are frozen at their peak ripeness to lock in the most antioxidants possible, so even if they aren't fresh, they're still fantastic!

### Nuts and seeds

Nuts and seeds are high in protein, healthy fats, and fibre. They also help to produce serotonin (that feel-good chemical we learned about above). Almonds, cashews, peanuts, and walnuts, as well as pumpkin, sesame, and sunflower seeds, are excellent sources. Brazil nuts, almonds and pine nuts are also good sources of zinc and selenium, which are important for brain function.

### Beans and lentils

Beans and lentils are high in fibre, protein and feel-good nutrients! They are a great source of B vitamins, which help improve and regulate mood (by increasing dopamine and serotonin levels). They're also a good source of zinc, magnesium, selenium and iron, which may also lift our spirits.



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