



# Food for Thought

Our food choices influence our moods and our moods influence our food choices. That's why eating healthy is so important. Start the New Year by eating the foods that enhance energy, health, and happiness.

## Boost your mood with the foods you choose<sup>1</sup>

NUTRIENT	SOURCE	IMPACT ON MOOD
Omega 3	Fatty fish (salmon, sardine, albacore tuna), flax seeds, and walnuts	Quiets cravings and induces calm
Vitamin C	Oranges, kiwi, strawberries, broccoli, tomatoes, and red and green peppers	Minimizes mood changes and boosts energy
Vitamin D	Sunlight, fatty fish, lake trout, oysters, shrimp, and eggs	Eases depressive symptoms
Folate	Broccoli, spinach, leafy greens, beans, avocado	Prevents depressed mood
Protein	Low-fat dairy, lean meats, poultry, fish, and nuts	Enhances alertness and boosts motivation

<sup>1</sup> This is not an exhaustive list. The relationship between food and mood is complex. If you think you have a medical condition, please contact your health professional for medical advice.

At your next huddle or staff meeting, discuss healthy eating habits with your team. Use the scorecard on the back side of this flier to see how you and your co-workers can make healthier eating choices.



### CONVERSATION STARTERS

- » Share the foods list on the back of this flier with your team.
- » Ask them “Is there a food or foods that you need to add to your diet?”
- » Encourage them to add the new food to their diet for 1 month.
- » Follow up and ask your team, “Did you notice any changes in your mood?”



## What's Your Food Mood IQ? Circle your answers and tally your score at the bottom.

**1. How many ounces of caffeinated drinks, such as soda, coffee, tea, or energy drinks, do you drink a day?**

- Rarely or never  0
- 1 cup per day (8 ounces)  1
- 2-3 cups per day (16-24 ounces)  2
- 4 or more cups per day (32 ounces)  3

**2. How much water do drink daily?**

- Less than 8 ounces  3
- 8-24 ounces per day (1-3 cup)  2
- 24-48 ounces per day (4-6 cups)  1
- 56 ounces per day (7 or more cups)  0

**3. How many servings of fruit do you eat daily? (1 serving is about the size of a tennis ball)**

- Rarely or never  3
- 1 serving per day  2
- 2 serving per day  1
- 3 serving per day  0

**4. How many servings of vegetables do you eat in a day? (1 serving is ½ cup cooked or 1 cup raw)**

- Rarely or never  3
- 1 serving per day  2
- 2 serving per day  1
- 3 serving per day  0

**5. How often do you eat sweets such as candy, cookies, cakes, pie, ice cream, donuts, or pastries?**

- Rarely or never  0
- A few times per week  1
- Every night after dinner or once a day  2
- More than once a day  3

**6. What is your alcohol intake? (1 drink is considered 5 ounces of wine, 12-ounce beer, 1.5 ounce of hard alcohol or 1 shot).**

- 2 or more drinks per day  3
- One drink per day  2
- A few drinks per week  1
- I never drink or very rarely  0

**7. How many times do you eat oily/fatty fish per week?**

- Rarely or never  3
- I take an omega 3 fatty acid supplement  2
- Once a week  1
- 2 or more times per week  0

**8. How many times per week do you eat nuts and/or seeds, such as walnuts, pecans, almonds, cashews, sunflower seeds, flax seeds, chia seeds, or sesame seeds?**

- Rarely or never  3
- Once a week  2
- Several times a week  1
- Daily  0

**9. How many times a week do you eat fast food?**

- Rarely or never  0
- Once a week  1
- A few times a week  2
- Daily  3

**10. How often do you drink sugary drinks such as soda, sweet teas, fruit juice, or sweetened coffee drinks like mochas/Carmel Macchiatos?**

- Rarely or never  0
- Once a week  1
- A few times a week  2
- Daily  3

**Add up your total score. If you scored:**

- 0 – 10** Doing very well, minimal fine tuning
- 9 – 19** A few key adjustments could really pay off
- 20 – 30** Looks like there's an opportunity to make some changes to better your mood

**TOTAL:**