



How to optimise your mood with food

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe the foods we eat can both support and enhance your mood



How food correlates with mood...

What we eat can directly correlate to how we feel. Food not only influences our physical health but also our mental wellbeing, thanks to the cross-talk of the gut-brain axis.



Feed your 'second brain'...

Did you know that the gut is also known as our second brain? This is because 95% of the neurotransmitter serotonin (the 'happy chemical' in our brains) is located here. For this reason, the gut is a key modulator of mind and mood. All the nutrients from the foods digested in the gut are transported across the blood brain barrier (BBB) to nourish the brain. However, this can work both ways, and non beneficial nutrients, such as excess sugars and alcohol, can conversely negatively influence mind and mood.



Food for thought
whole food choices to enhance mood...



- **Fibre:** fruits & vegetables, wholegrains, legumes, nuts



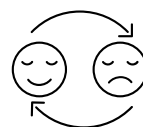
- **Healthy Fats:** found in oils, olives, oily fish, avocado, nuts & seeds



- **Fermented foods:** kimchi, pickles, kefir, kombucha, miso, yoghurt



- **Protein foods:** chicken, turkey, fish, seafood, soya, legumes



Triggers for mood imbalances...

Many things can contribute to mood imbalances, particularly diet and lifestyle factors that disrupt the gut or neurotransmitter balance: stress, poor quality sleep, leading a sedentary lifestyle, insufficient exposure to daylight, a low-nutrient diet (high in sugars, alcohol, caffeine, processed meat, inadequate water intake) and more.