

# Tina Dunne



## *In the Mood!*



**The foods that we eat can affect our moods, so this winter, control your diet to boost your mood!**



**T**HE FOODS you eat can affect your moods. If biscuits, chocolate, Danish pastries and scones are your staple foods rather than occasional treats, your moods may be yo-yoing all over the place.

The surge in your blood sugar levels caused by sweet foods prompts the pancreas to generate insulin, the hormone that lowers blood sugar, causing both your

blood-sugar levels and your mood to plummet. The best way to break this vicious cycle is to ditch sugary foods in favour of fresh or dried fruits. The fructose that fruit contains will satisfy your cravings for sugar but because the body absorbs it slowly, your blood-sugar levels will rise gradually and your brain will respond by steadily producing endorphins, so that eating more fruit will keep you feeling happier for longer. Aim to eat a mixed selection of fruits and vegetables daily.

A low mood can be exacerbated by dehydration, which is an easy state to slip into for many at this time of the year as we tend to drink more tea and coffee and drink less water. Dehydration makes it difficult for the body cells to function effectively and can hinder absorption of vital mood-boosting nutrients. Tryptophan and phenylalanine, amino acids found in Protein

rich foods such as turkey, chicken and eggs are excellent mood boosting macro nutrients. Eating pulses is recommended for everyone - a great source of plant protein

### **THREE SIMPLE WAYS TO BOOSTING THAT MOOD OF YOURS THIS WINTER.**

- Ensuring that you drink sufficient liquids
- Eat foods that have natural sugars
- Eat foods with rich protein content

Exercise also plays a significant role in helping to boost your mood. Along with toning your muscular and skeletal systems. Exercise will also help energise your liver and kidney function. As the weather dampens at this time of the year, it is a natural reaction to want to curl up indoors

and watch your favourite television programme or read and chat with family and friends. I strongly recommend that no matter how appealing that these offers sound to you, ensure that you exercise to stay well this winter. By moving your body you will prevent muscles and joint from becoming stiff, you will have more energy and will boost your immune system at the same time. Aim to exercise at least three times a week to start with.

People will tell you that you look great; you will be in better form and have more zing in your life. Sure you would be mad not too.

It was terrific to meet with so many of you last week. Thank you for attending.

***Until next week, live a lot and have a laugh***

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