

Fill in:

obesity calories digestion nutritious minerals bacteria appetite fatty
grains fibre

Foods For Mood

Feeling grumpy, tired or depressed? Try stocking up on these mood-boosting foods.

- Yoghurt and fermented foods contain millions of good **1)** that are essential not only for the **2)** of food but also for the production of neurotransmitters and hormones that directly affect mood. Some scientists think these tiny organisms can even cure depression.
- Wholewheat bread, brown rice and other whole **3)** contain a lot of dietary **4)** which helps prevent weight gain that can lead to **5)**. These foods can do a lot to control the **6)** and reduce cravings for unhealthy **7)** foods. This is important because being overweight and inactive can promote depression.
- Bananas are known to be good for our bodies because they are highly **8)**, but did you know they can also make us happy? Bananas contain lots of B vitamins that the body uses to make serotonin, a neurotransmitter that regulates mood. They also contain **9)** like potassium and magnesium that help keep us feeling energetic.
- Dark chocolate can boost mood because it contains a chemical that reduces stress hormones and can even block pain. Chocolate is high in **10)** though, so make sure you eat it in moderation!