



# Food for your Mood

*Healthy Eating won't get rid of the stress in your life, but it can help you cope better.*

*A healthy diet is important for good physical & mental health.*

## Food For Thought...

- **Eat healthy, nourishing foods. Choose foods & beverages lower in fat, sugar & salt** by following Canada's *Food Guide*.
- **Eat regularly.** 3 meals plus 2-3 snacks each day. Missing meals leads to low blood sugar & this causes low mood, irritability & fatigue.
- **Fuel your body.** Eat about every 4 hours. This keeps your metabolism up, supports stable blood sugar levels & keeps you from being hungry & overeating.
- **Listen to your hunger.** Eat when you are hungry & stop when you are full.
- **Satisfy your thirst with water!** Drink water regularly. It's a calorie-free way to quench your thirst.



## Feed your Mind

- **Make mealtime relaxing.** Set aside time to eat & enjoy the taste.
- **Love everything you eat.** Choose a variety of foods using Canada's *Food Guide* to keep your meals & snacks healthy & tasty.
- **Be aware of emotional eating.** We sometimes use food to fill the gap when we're bored, lonely or depressed. Recognize emotional eating & find substitutes like going for a walk.

## Consider

- **Cutting down on caffeine.** Caffeine is a stimulant & cutting back will help you sleep better & feel calmer.
- **Following Canada's Low Risk Drinking Guidelines** (if you drink alcohol) to promote moderation & support a healthy lifestyle.



Western  
Health

For Canada's Food Guide, visit: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).

For Canada's Low Risk Drinking Guidelines, visit [www.ccsa.ca](http://www.ccsa.ca).