



## The Key to a Better Mood is Through Food

Oftentimes we are told to eat a healthier diet for a better physique. Perhaps what we should be focusing on is how food makes us feel and not how it makes us look. Experts suggest a whole food nutrient-rich diet to lead to improved mood and decreased signs of anxiety and depression. While a diet rich in nutrients leads to better mental clarity and energy, a diet devoid of nutrients can lead to fatigue and cognitive difficulties. Not sure where to begin? Here are two simple tips for boosting your mood through food.

### 1. Take a Cue from the Mediterranean

The Mediterranean diet has been praised for centuries and keeps it simple by focusing on whole foods, spices and herbs. No need to book a flight to Greece to enjoy the anti-inflammatory benefits, simply indulge in nuts, legumes, fish, and olive oil whenever possible.

### 2. Reflect on your Choices

Next time you are feeling down, reflect on your diet. Have you been eating more highly processed foods? Improving your mood can truly be as easy as reevaluating what's at the end of your fork.

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