



2nd HELPING

Just a Little More Help from **United Way** Meals on Wheels January 2026

The Right Food Can Boost Your Mood

There's a Direct Link Between What You Eat and How You Feel

RESEARCH SHOWS that nutrition has a major affect on your mental as well as physical well-being. Certain deficiencies can lead to mood disorders, such as depression, anxiety and even cognitive decline, especially among seniors. But a well-balanced diet can help regulate mood-related chemicals in the brain and help you feel your best. Here are some good examples to follow.



▪ **Salmon, Walnuts and Flaxseed**

Their Omega-3 fatty acids are crucial for brain health and can help fight off depression.

▪ **Berries and Dark Chocolate (in moderation)**

Foods that are rich in antioxidants help reduce inflammation and oxidative stress, both of which affect your mood.

▪ **Oats, Brown Rice and Whole Wheat Bread**

Whole grains can boost serotonin levels, a neurotransmitter that regulates mood and helps you maintain a balanced emotional state.

▪ **Spinach and Kale**

These leafy greens are packed with nutrients, such as folate and magnesium, which promote brain health and reduce anxiety.

▪ **Yogurt**

Gut health is closely linked to mood. Fermented foods, such as yogurt, can contribute to healthy digestive bacteria, which in turn improves your mood and state of mind.

▪ **Water**

Just being mildly dehydrated can make you irritable, so drink plenty of water to stay consistently hydrated throughout the day.

▪ **REDUCE Sugary, Processed and Deep-Fried Foods**

Avoid high-sugar breakfast cereals and drinks that cause your blood sugar to spike and then crash. Steer clear of processed meats that are high in mood-altering sodium, preservatives and nitrates. And besides being bad for your heart, those deep-fried foods promote inflammation that can lead to anxiety and depression. So be more mindful about what you eat... and feel good about it!

Questions for Meals on Wheels? Call us at 205.592.0413

source: seniorhelpers.com & medbox.com

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