

Food & Mood: It's more than what you eat!

with



Nurture + Nourish
Nutrition

What influences mood?

- **Nutrition** — under-eating, skipping meals, dehydration, or carbohydrate restriction can contribute to irritability, fatigue, or low mood.
- **Sleep** — too little, inconsistent, or poor-quality sleep can negatively affect mood.
- **Hormones** — puberty, menstrual cycles, perimenopause, menopause, stress hormones, thyroid function can affect emotions.
- **Brain chemistry** — neurotransmitters like serotonin, dopamine, and norepinephrine play a role in mood regulation.
- **Physical activity** — movement often improves energy and stress tolerance.
- **Medical conditions** — chronic pain, illness, infections, anemia, thyroid disorders, and many other conditions can affect mood.
- **Substances** — caffeine, alcohol, nicotine, cannabis, and some medications can shift mood or energy levels.

Key Nutritional Habits for Well-Being

Eat Regularly

- Every 3-4 hours
- Avoid skipping meals
- Hunger may not always be present.

Keeps blood glucose stable



Energy Stability

- Eat carbs that have fiber (ex. fruit, grains, beans, etc.)
- Combine with protein.

Helps you avoid energy spikes!

Carbs Matter

- The brain's primary fuel source is carbohydrates.
- It requires about 130 grams each day to function optimally.

Carbs are brain fuel!

Appetite

Dysregulation

- Too much caffeine can reduce appetite.
- Lack of sleep can make the brain seek extra energy from food.

Confuses body's signals

Let's work together!!

Experience the Registered Dietitian difference covered by your insurance — personalized guidance, evidence-based nutrition strategies, and practical, sustainable goal setting tailored to your individual needs, beyond the one-size-fits-all advice given by influencers and the fitness industry.

Scan to
Get Started



Health thrives with consistency, not restriction.

This handout provides general nutrition information and is not intended to replace individualized medical or nutrition advice. Please consult your healthcare provider for recommendations specific to your needs.

Stacy Peercy Zopf
MPH, RDN, CDCES, IBCLC



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Phone: (520) 329-1771 | Fax: 1 (800) 591-9770
stacy@nurturenourishrd.com
www.NurtureNourishRD.com