There is an old saying that “You are what you eat” and in today’s employee check in, we talk about foods that can help boost your mood. Increasing your intake of certain foods has been shown to make great changes in your mood. Let’s look at a few ways food improves your mood. Drinking six to eight glasses of water daily is probably the single most important thing you can do to keep your body and mind in peak condition.

Studies suggest that certain carbohydrates—including bread, cereal, rice, and pasta—may indirectly encourage serotonin production and help generate a sense of well-being, energy and calm. Begin with breakfast. It may seem cliché, but a well-balanced breakfast really is the most important meal of the day. Feasting on folic acid also has great benefits. Eating omega-3 fatty acids influences the brain’s neurotransmitters to help ward off depression. Seek out selenium-rich foods to help people with mild to moderate depression. Avoid alcohol and go easy on caffeine. Lastly, eat smaller meals or snacks throughout the day to help keep your blood sugar up. Incorporating these mood boosting foods will go a long way in helping you feel better.

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