

6 Mood-Enhancing Nutrients

Omega-3 Fatty Acid

DHA and EPA from mostly animal sources, ALA from plant sources

- DHA and EPA:
 - Cold-water fish such as salmon, halibut, cod, trout, and mackerel
 - Others include bluefish, bonita, butter fish, eel, herring, kippers, pompano and sardines
 - Certain sea vegetables, such as algae
- Plant sources of omega-3's:
 - Wheat germ, walnut, flaxseed and flax oil, fenugreek seed and oil, chia seed and oil, pumpkin seed and oil

Carbohydrates

- Help increase production of feel-good hormone serotonin, which helps elevate mood.
- Get carbohydrates from whole foods, such as whole grains and vegetables, to minimize impact on blood sugar level – fluctuation can result in mood swings.
- Adding protein and fiber lowers the glycemic load of a meal, which means less blood sugar fluctuation and fewer mood swings.

Vitamin B6

For women, whenever there are increased levels of estrogen in the body, such as during a certain phase of the cycle, or during and after pregnancy, more B6 may be required.

- Legumes such as lentils and chickpeas are good sources
- B6 supplement should be taken with other B vitamins to prevent metabolic imbalance
- There are some concerns around neurological effects associated with mega-dose of B6, particularly as pyridoxine hydrochloride, so it's best to limit daily intake to 500mg.

Folic Acid

The need for folic acid is particularly important for women of child-bearing age, as well as for pregnant women.

- Abundant in leafy green vegetables, such as spinach, kale, beet greens, chards, asparagus, and broccoli
- Also found in whole grains, wheat germ, yeast, fish, dairy foods, and organ meat

Selenium

Selenium content of food depends on the selenium level in the soil.

- Garlic, onion, mushroom, Swiss chard, broccoli and tomatoes are good sources if they are grown in soil rich in this mineral

- Brewer's yeast and wheat germ are good sources
- Many vegetables, whole grains (whole wheat, brown rice), and beans (black beans and kidney beans), nuts (Brazil nuts) and molasses also contain selenium
- Other sources include shellfish, salmon, snapper and halibut

Vitamin D

Vitamin D₃ is preferable to Vitamin D₂.

- Abundant in fish liver oil.
- Egg yolks, butter, liver and oily fish are also good sources
- Plant sources are fairly low in D₃ – mushrooms and dark leafy greens do contain some
- Easiest way to get the form of vitamin D most available for the body is to get 15 minutes of sunshine everyday – without any sunscreen