# Ways to Wellness

*Small steps can make a big difference.*

## Eat healthy foods

What you eat affects how you feel. Eat healthy to feel healthy.

Chemicals in your brain affect the way you think, feel, and act while the food you eat influences your health and energy throughout the day.

What you eat can affect how you feel, and how you feel can affect your food choices. This is sometimes called the "food-mood connection".

**Here are some things you can do to help regulate your mood through food:**

• Eat breakfast every day and avoid skipping meals Eating regularly fuels your body and brain, and may help keep your mood stable.

• Get started with Canada's Food Guide. Choose a variety of food from all four food groups daily such as:
- Fruits and vegetables; dark green and orange vegetables, berries, citrus fruits and melons.
- Grain products; whole wheat bread, brown rice, or brown pasta.
- Milk and/or alternatives or fortified beverages that have calcium and vitamin D.
- Meat and/or alternatives; such as poultry, fish, legumes, tofu, eggs, nuts, and seeds.

• Drink water. Dehydration affects your energy levels and mood.

• Limit processed foods, fast food, high sugar drinks, and snack foods high in fat, sugar and salt.

• Limit caffeine from coffee, tea, pop and energy drinks. These drinks can make you feel anxious, nervous or depressed and can impact your sleep.

• Limit alcohol. It can cause low mood, irritability and aggressive behaviour.

• Food can also be a great way to connect with others. Make time to eat or a cook healthy meal with family or friends.

Alberta Health Services