



THE LONGEVITY  
PROJECT

## Food and Mood



Link: <https://tiny.pl/p-c58k9c2>

For many people, low mood **feels unpredictable.**

Energy dips.

Irritability rises.

Motivation fluctuates.

But mood is not random.

It is influenced — daily —

**by what you eat.**

Food is not just fuel.

It is **information for your brain.**

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## Boost Your Mood with Food

What you eat dictates how you **think, feel, and behave.**

Eating regularly is **essential.**

Skipping meals causes blood glucose to drop.

Low blood sugar can lead to:

- Fatigue
- Irritability
- Poor concentration
- Low mood

Eat **every three to four hours.**

Stable blood sugar supports a stable mood.

### **Prioritise Protein**

Protein helps regulate blood glucose.

It **prevents energy crashes.**

Protein contains tryptophan —  
an amino acid converted into serotonin,  
the “**happy hormone**”.

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## Choose Slow-Release Carbohydrates

Refined carbohydrates cause rapid spikes and crashes.

### Swap:

- White bread
- Cakes
- Pastries
- Doughnuts

### For:

- Brown rice
- Oats
- Chickpeas
- Whole grains

These release sugar slowly and help stabilise mood.

They are also rich in **B vitamins** — essential for **energy production**.

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## Eat Your Five a Day

**Fruit and vegetables** are rich in vitamins and minerals that directly support brain function.

Dark leafy greens such as:

- Spinach
- Kale
- Broccoli

Are high in **magnesium** — a key mineral for **relaxation** and nervous system regulation.

## Manage Caffeine Carefully

**Caffeine is a stimulant.**

It provides a quick burst of energy — but may lead to:

- Anxiety
- Poor sleep
- Mood crashes
- Withdrawal symptoms

Sources include:

- Coffee
- Tea
- Chocolate
- Energy drinks
- Cola

**Moderation is key.**

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## Eat the Right Fats

The brain is approximately 70% fat. The quality of fat you eat determines the **quality of your brain cells.**

### Healthy fats support:

- Cell signalling
- Nutrient transport
- Cognitive performance
- Mood regulation

### Sources include:

- Oily fish
- Nuts and seeds
- Olive oil
- Avocado
- Eggs
- Dairy

## Foods That Make You Happy

### Certain foods actively support mood.

**Bananas:** Rich in potassium and folate — nutrients linked to improved mood.

**Salmon:** High in omega-3 fatty acids (EPA & DHA). These may help reduce inflammation and support those with low mood.

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**Dark Chocolate:** Rich in antioxidants.  
May reduce the stress hormone cortisol.

**Green Tea:** High in antioxidants.  
Associated with lower psychological stress.

**Beans:** Rich in magnesium, fibre, and B vitamins.  
Support energy and prevent crashes.

## **Probiotics:**

Found in:

- Yoghurt
- Kefir
- Sauerkraut

Support the gut-brain axis.  
A healthy gut supports a healthy mind.

**Eggs:** High in choline —  
important for memory and brain function.

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## Foods That Make You Sad

Some foods negatively affect mood when overconsumed.

### Excess Coffee

Spikes blood sugar and cortisol.

Leads to **crashes**.

May contribute to:

- Anxiety
- Mood swings
- Energy depletion

### Sugary Foods & Refined Carbs

Provide short-term energy followed by a **rapid crash**.

Low nutritional value.

Poor mood support.

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## Alcohol

### **Alters brain chemistry.**

Reduces serotonin levels.

Increases:

- Anxiety
- Anger
- Low mood

It is also inflammatory  
and **depletes** B vitamins and magnesium.

**Moderation is essential.**



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## Smart Food Swaps

### Instead of:

- Cakes
- Biscuits
- Crisps
- Sugary snacks

### Choose:

- Houmous with vegetables
- Edamame
- Sushi
- Smoothies
- Soups
- Salads
- Herbal teas
- Fresh fruit
- Nuts and seeds
- Oatcakes

### At home:

Swap processed snacks  
for protein smoothies or healthier snack bars.

Small swaps create sustainable change.



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## The Ideal

**Balanced blood sugar.**

**Regular meals.**

**Quality protein.**

**Healthy fats.**

**Complex carbohydrates.**

**Plenty of plants.**

**Moderate caffeine.**

**Limited alcohol.**

**Mood stability is built — meal by meal.**

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## Conclusion

Mood is not just **emotional**.  
It is **biological**.

When you:

- Eat consistently
- Choose whole foods
- Support gut health
- Prioritise nutrients

**You support your brain.**

A nourished brain  
is a resilient brain.

Food does not just change your body.  
**It changes how you feel.**

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