



A Guide to Nutrition

“One cannot think well, love well, sleep well, if one has not dined well.”

–Virginia Woolf–

Nutrition is one thing you can control that affects your healing journey. To improve your energy, moods, and general health - add certain foods and remove others from your diet.

Good Mood Foods

- 01 Protein.** You need 15 to 30 grams per meal, at least three times daily. Highest concentrations of protein are found in fish, poultry, beef, eggs, and soy.
- 02 Vegetables.** Eat 4 to 5 cups per day in a variety of colors and types. Half your plate at each meal should be filled with veggies.
- 03 Good fats.** These are great for your brain and help give you more energy. The best fats can be found in things like olive oil, coconut oil, fish oil, and others.
- 04 Carbohydrates.** When you need more energy good carbs can give it to you. You'll find it in foods like fruit, starchy vegetables, legumes, and whole grains.

For the best nutrition, try to eat 3 meals a day plus snacks consisting of protein, healthy fats, and vegetables. Skipping meals will ruin your good mood and is bad for your health!

Enjoy Healthy Food

- 90 percent of willpower starts with preparation. Have fresh veggies ready for snacking ahead of time.
- Focus on chewing each bite and enjoying your food.
- Practice mindful eating before you start to eat. Taking a few deep breaths before you begin is one way to practice mindful eating. Look up mindful eating to learn other techniques.
- Eat small healthy meals and snacks every 3 to 4 hours to increase metabolism and decrease cravings.

Suggested Reading

[The Mood Cure: The 4-Step Program to Take Charge of Your Emotions - Today](#) by Julia Ross

[Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention and Focus](#) by Leslie Korn