

# Food & Mood Diary

This diary will help you understand how the way you feel is affected by what you drink and eat.

Write down what you have at each meal and for snacks in the table below and circle one of the faces to record how it made you feel in the 1-2 hours afterwards.

You should start to recognise which foods put you in a good mood and which do not. The next page shows you which foods might help improve the way you feel.

Week commencing: \_\_\_\_\_

	Eg.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
	No breakfast							
Lunch								
	Tuna sandwich							
Dinner								
	Lasagne & vegetables							
Snacks								
	Apple, Yoghurt							
Notes								

# Nutritional Info

Eating foods rich in vitamins and minerals can affect the way you feel. This page shows which foods can improve the way you feel, and is taken from our Feeding Minds report.

<b>Magnesium</b>	<b>Can help with:</b>	<b>Foods that include magnesium:</b>
	Anxiety, depression, stress, irritability and insomnia	Spinach, watercress, avacados, peppers, broccoli, brussel sprouts, green cabbage, almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecans, pumpkin seeds, sunflower seeds, poppy seeds, oats, bran, long grain rice, buckwheat, barley, quinoa, plain yoghurt, baked beans, bananas, kiwi fruit, blackberries, strawberries, oranges, raisins, chocolate
<b>Vitamin B3</b>	<b>Can help with:</b>	<b>Foods that include vitamin B3:</b>
	Stress, depression	Brown rice, rice bran, wheatgerm, broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash, peanuts, beef liver, beef kidney, pork, turkey, chicken, tuna, salmon, sunflower seeds
<b>Tryptophan</b>	<b>Can help with:</b>	<b>Foods that include tryptophan:</b>
	Depression, sleep problems	Skinless turkey, skinless chicken, plain yoghurt, milk, eggs, cheddar, gruyere, swiss cheese, cottage cheese, almonds, pistachios, pecan, hazelnuts, peanuts, soy nuts, poppy seeds, pumpkin seeds, sesame seeds, lentils, chickpeas, kidney beans, lima beans, soya, spinach, watercress, cabbage
<b>Zinc</b>	<b>Can help with:</b>	<b>Foods that include zinc:</b>
	Lack of motivation, poor appetite and depression	Oysters, mussels, shrimp, fortified breakfast cereal, cashews, walnuts, almonds, mozzarella, swiss cheese, cheddar chese, low fat yoghurt, chickpeas, kidney beans, baked beans, lima beans, lentils, miso, chicken (dark meat), turkey, lamb, pork, minced beef, pumpkin seeds, sesame seeds, spinach, mushrooms, squash, asparagus, broccoli, blackberries, kiwi fruit