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Turn to Food to Boost Your Mood

Many of us have been trained to think that comfort foods are bad and are to be avoided. At times, if your comfort food is made of candy or other junk foods, this can be true. Soemtimes, comfort foods can be perfectly healthy and good for us to eat. There are several foods that actually can raise your moods when you eat them. If you are feeling a little bit down and need a happiness pick me up, try a few of these.

Eggs, would you believe, are terrific for helping you combat depression. Just be sure that you do not throw out the yolk. The egg yolk is the part of the egg that matters most in terms of helping you cheer up. Eggs, the egg yolks particularly, are rich in B vitamins. These B vitamins are fantastic for helping to raise your mood. This is because they help in improving the function of your neural transmitters, the parts of your brain that dictate your mood. Consume an egg and cheer up!

Put together some trail mix of nuts or seeds. Peanuts, cashews, sunflower seeds, almonds, pumpkin seeds, etcetera are all great for helping to raise your mood. This is because these nuts are rich in magnesium, which helps to raise your production of serotonin. Serotonin is the "feel good" chemical substance that tells your brain how you feel all the time. The more serotonin you have, the better you will feel. Not only that but nuts, in particular, are a great source of protein.

Cold water fish are great if you wish to feel better. Salmon, herring, tuna fish, mackerel, trout, etc, they're all chock-full of omega-3s and DHA. DHA and omega-3s are two things that really help the grey matter in your brain function a lot better. It's true: consuming a tuna fish sandwich can actually help you fight back depression.

Some grains are truly great for repelling bad moods. Teff, barley, millet, quinoa, etc are all great for helping you feel happier. They help you feel full too which can really help to improve your mood. Feeling starved can be a real downer! The reason these grains are so great for your mood is that they are easy to digest. You digest these foods more quickly than other things which can help increase your blood sugar levels, which, in turn, helps make you feel more pleasant, mood wise.

Green tea is truly good for your mood. You just knew it had to be in here somewhere, right? Green tea is high in a specific amino acid called L-theanine. Studies have discovered that this amino acid actually stimulates brain waves. This helps better your mental focus while having a relaxing effect on the rest of your body. You were already aware that green tea could help you be healthier. And now you know it can help you be happier also!

So you see, you don't need to stuff your face with junk food when you want to feel better! Try several of these instead!