

Good Mood Super Foods

Food Heroes Cheat Sheet

From *Butter Side Up: Seven Keys to Living Butter Side Up*



Good Mood Super Hero	Secret Identity	Super Powers
Asparagus	Triple Threat	Contains serotonin (feel-good), folate (good mood) and enzymes (to help break down alcohol).
Avocados	Mr. Good Fat	Full of monosaturated fats that promote blood flow for a healthy brain; folate may also help prevent " brain tangles "
Bananas	The Great Stabilizer	Rock the vitamin B6, which helps synthesize feel-good neurotransmitters in your brain, such as dopamine and serotonin ; Natural sugars, vitamin B6, and prebiotic fiber work together to stabilize your blood sugar and your mood
Beans, Lentils	Super Bean	Fiber and antioxidants help stabilize your blood sugar for longer lasting brain energy ; also contains <i>thiamine</i> , a vitamin required to produce <i>acetylcholine</i> , the " memory " neurotransmitter
Berries	Dr. Cell	Can help with anxiety and depression ; repairs damage caused by free radicals (including cigarette smoke); <i>polyphenolics</i> in blues and straws may improve attention, memory, concentration
Blue Foods: Blueberries, boysenberries, marionberries, blue potatoes	Blue Warrior	Rich in antioxidants that help reduce inflammation (a known buzz kill); they also protect your brain from stress and inflammation caused by damage from free radicals
Broccoli	Captain K	Packed with Vitamin K, antioxidants/anti-inflammatory agents that help protect your brain against damage
Chia Seeds	Captain Omega	Omega-3 fatty acids in chia seeds help the brain regenerate ; can also help increase memory, concentration, and learning

Citrus	Mood Rocket	Rich in the B vitamin, <i>folate</i> , which supports “good mood” neurotransmitters in your brain
Coffee	Captain Happy	<i>Dopamine</i> and <i>norepinephrine booster</i> ; the <i>adenosine</i> in coffee also increases alertness & attention
Dark Chocolate	The Hedonist	Quick burst of brain fuel ; Rich in compounds associated with increased feel-good chemicals in your brain
Eggs	Incredible Edible	Good source of <i>choline</i> , which aids production of <i>acetylcholine</i> , a neurotransmitter that regulates mood and memory
Fatty Fish: Salmon, Albacore Tuna	Max Wellness	Omega-3s are linked to lower levels of depression ; DHA Omega 3 fatty acid boosts feelings of wellness and helps reduce anxiety
Fermented Foods: kimchi, yogurt, kefir, kombucha, sauerkraut	Mood Dude	Known to increase <i>serotonin</i> levels; Rich in probiotics that support gut health, which supports good moods
Green Tea	Super T	Improves alertness, performance, memory and focus ; promotes relaxation and helps reduce anxiety
Leafy Greens	Smarts Warrior	Sick of hearing “eat your greens?” Find a way to add one serving every day and you’ll hedge your bets against cognitive decline
Lean protein: beans, eggs, fish, turkey, chicken	Steven Even	Lean protein sources help balance serotonin levels for better mood control
Nuts and seeds	Nut Hawk	High in <i>tryptophan</i> , an amino acid that produces mood-boosting serotonin.
Oats: oatmeal, muesli, granola	Calm Force	Fiber stabilizes your blood sugar levels and helps control irritability and mood swings ; Oats are a particularly good source of iron, which helps fight fatigue, sluggishness, and mood disorders
Olive Oil (Extra Virgin)	Steel Trap	Decreases risk of cognitive/memory decline ; fights build-up of toxic “tau” proteins
Peppers	Doctor Peppers	Rocks the Vitamin B6, essential for brain function ; also rocks your mood-boosting serotonin and <i>norepinephrine</i>

Purple Foods: plums, purple kale, purple potatoes, grapes, raisins, figs	Ms. Violet	Good mood and healthy cognition; <i>phytochemicals</i> protect your brain & nervous system from oxidative stress and inflammation
Spinach	Flying Popeye	Spinach is rich in the B vitamin, <i>folate</i> , which supports “ good mood ” neurotransmitters in your brain
Sweet Potatoes	Sweet Taters	The <i>serotonin</i> in sweet potatoes boosts the brain and calms the body
Swiss Chard	Depression Slayer	Packed with <i>magnesium</i> , which battles depression ; also boosts your energy
Tomatoes	Red Storm	Contains the carotenoid, <i>lycopene</i> , one of the most powerful antioxidants; anti-inflammatory; supports brain health
Turmeric	Spice Master	Strong anti-inflammatory and antioxidant benefits; reduced symptoms of depression
Yogurt	Brain-Gut Wonder	Probiotics rock the gut-brain axis and can assist in reducing anxiety, stress, and depression.
Walnuts	Brain Regenerator	Ever notice how they sort of look like a brain? Walnuts can help you grow new brain cells ; they are also rockstar antioxidants, inhibiting oxidation in the brain and body
Whole Grains	Great Leveler	Helps calm the hamster wheel in your mind; can boost your mood , and helps optimize your sleep time

“Let food be thy medicine.” ~Hippocrates