

# Good Mood Foods



EASTERN MICHIGAN UNIVERSITY  
**Center for Health Disparities  
Innovations and Studies**



## Foods with vitamins and healthy fats

Foods with vitamins like omega-3 fats are good for your brain because they are anti-inflammatory, while folate and B vitamins are needed for your brain to function properly. Vitamin D also improves your mood.



Fish: contain omega-3 fats  
Lentils: contain folate and B vitamins  
Dark leafy greens: contain B vitamins  
Eggs: contain vitamin D and B12

## Watch your portion sizes of starchy carbohydrates

Eating portion sizes that are too large can make you sleepy and are not good for blood sugar. For example, keep the serving size of rice to 1/2 cup (or 1 cup if you are a man or very active).



## Include fermented foods

Fermented foods contain good bacteria that are good for your digestion. They produce compounds that send a happy signal to your brain. Examples include yogurt, kefir, cereal-based fermented foods, fermented soybeans (tempeh, miso), fermented fish (fish paste), and fermented vegetables (kimchi, pickles).

