Food and mood

How to feel happier

Nutrition Australia

migrant resource centre tasmania

Food and mood

How food can affect your mood

Food choice can affect how you feel. Improving your diet may help to:

- Make you feel happier
- Give you more energy
- Help you think clearly

Eat more plant foods

The good bacteria in our large intestine helps manage our mood and stress levels. Eating foods high in fibre and drinking lots of water supports the good bacteria to help us feel happier. Foods like vegetables, fruit, nuts, seeds and wholegrains are all high in fibre.

When to eat

When you eat can affect how you feel:

- Your energy levels can drop if you go a long time without eating. This can make you feel tired and grumpy.
- Eating too much can make you feel tired.
- Eating regular meals and snacks can help manage your energy levels and your mood.

Limit alcohol and caffeine

Drinking too much caffeine or alcohol can:

- Keep you awake at night
- Make it hard to concentrate
- Affect your mood