

9 types of foods that help you improve your mood quickly

In everyday life, sometimes your mood is not good and here are 9 types of foods that help you improve your mood quickly.

A **healthy diet** and a balanced balance of nutrients is scientifically proven to help you create positive energy. However, this diet is difficult to maintain when you have a bad day, just want to bury yourself in the Nutella chocolate ice cream jars.

Here are 9 foods that are proven to help you feel **excited** right away and **lose weight** effectively. This list includes chocolate, coffee and even pasta. Slowly enjoy these foods, you will quickly regain your spirit immediately.

1. Chocolate



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Just think of chocolate you can smile right away, surely you have never thought of chocolate to help lose weight, and make you feel happy again, right? We will tell you this secret. Chocolate contains many **anti-aging ingredients**, including magnesium - which helps blood vessels to "relax", which means **lowering blood pressure** and blood circulation.

In addition, **chocolate** also reduces the rate of production of stress hormones, thereby reducing the level of anxiety. Besides, it also increases hormones that help create a feeling of happiness that lasts for hours. Eating a chocolate bar with 70% pure cacao not only **reduces symptoms of anxiety, restlessness** but also **slows the process of premenopausal, depression and fatigue** . So feel free to eat a bar of pure chocolate 2-3 times a week.

2. Coffee



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Coffee is known for **reducing forgetfulness syndrome** , ingredients in a cup of coffee help you to be full of energy all day, promote the process of making wise decisions and feel happy. Drinking coffee daily is thought to increase dopamine and serotonin in the body, two chemical components that help dispel negative emotions. Now you know that caffeine ingredients in a cup of coffee give you a good feeling, right? From now on you can comfortably enjoy coffee every morning without feeling "guilty" to yourself.

3. Salmon



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Enjoying a dinner with salmon does not necessarily require you to go to a luxurious restaurant, this fish is rich in **omega 3** - the ingredient known to help change the mood and dissipate the attacks. sorrow. Omega 3 in walnuts has also been shown **to improve memory and concentration** . Enjoy salmon and a plate of steamed vegetables to get ready for a dynamic day!

4. Eggs



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Scrambled eggs, bare eggs or even fried omelets - are all egg-made favorites. Eggs are a good source of **protein** to help you **regenerate and maintain muscles** after a long day of gym. Eggs contain v **itamin D** - substances that play an important role in maintaining the immune system, preventing coughs, colds and flu. In addition, the absorption of foods rich in vitamin D can help you dispel your thoughts of depression and weight loss.

5. Berries



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A bowl of berries or eaten with yogurt for breakfast is a great idea! Berries containing anthocyanidin ingredients reduce inflammation in the body and reduce depression. The same types of fruits like **strawberries, raspberries, blueberries, wild berries** and many more are known as fruits that help store **antioxidant ingredients, not only smooth skin but also anti-aging** .

6. Walnuts



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Nuts, especially walnuts, contain lots of **calories and fat** , but they are also known as an important food for a healthy balanced diet. A mid-morning snack contains a compound known as melatonin, which helps you not only sleep better but also reduces cardiovascular diseases, prevents obesity and hormones. stress. If you want to have bright skin and shiny hair, walnuts can also help you do this! Remember to eat only a moderate amount of this snack!

7. Avocado fruit



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Commonly known as a " *perfect choice* " when combined with salsa, butter is an important food for regulating emotional hormones in the body - also known as serotonin. In addition, butter also helps the **brain** perform many functions, **resist fatigue and increase the amount of hormones in the body** . Not only does it bring great benefits to your health, it is also rich in body fat ingredients that help your skin smooth and support the digestive tract.

8. Banana



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Not only is it great for smoothie drinks, but also for energy, bananas are known to be **high in potassium to help reduce your heart rate and stroke and to ease depression** . Eat a banana to absorb any positive energy.

9. Pasta



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Starch is known to help us get excited, as well as promote energy in the body. Pasta is a rich source of food containing complex carbohydrates that help us feel happy, contains very little fat content and releases serotonin toxins. A small amount of whole-wheat pasta with a balanced diet will help boost **endorphins** and produce **vitamin B** for the body.

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