

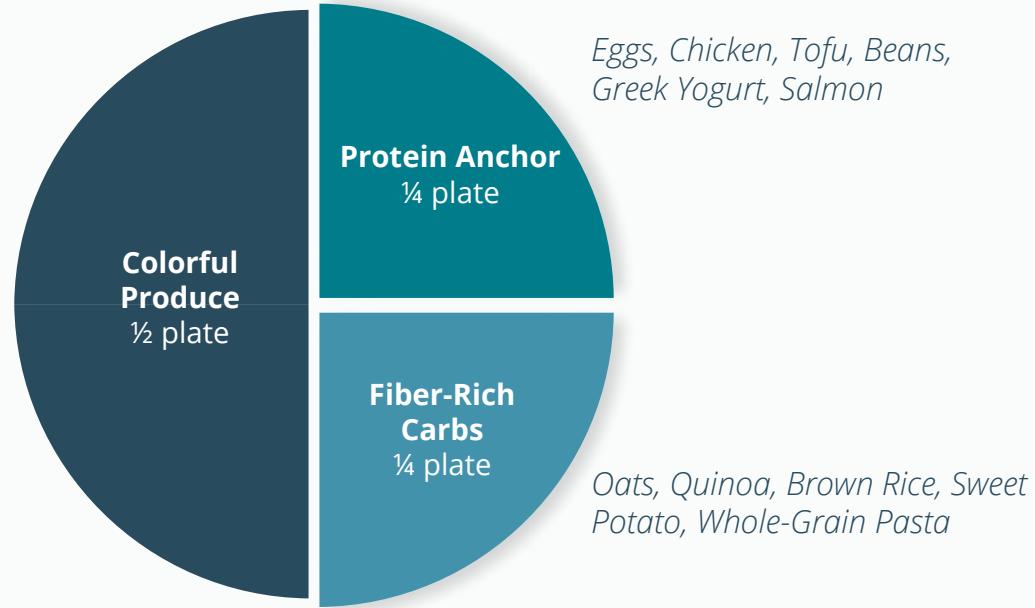


Mood-Boosting Foods Guide

Brighten winter days with simple food strategies that help steady energy, sharpen focus, and lift spirits. This quick guide shows you how to build a mood plate, choose smart snacks, and plan a week of feel-good meals—without special supplements or complicated rules.

Short winter days and busy schedules can drain our energy. The right food choices help keep your brain fueled, your nerves calm, and your mood more balanced. This guide focuses on small, doable changes you can use right away.

Build a Mood Plate



Add a thumb-sized drizzle or sprinkle for flavor: olive oil, avocado, nuts, seeds, tahini.

Quick Tip: Pair carbs with protein and fiber at snacks and meals to keep energy steady and help avoid mid-afternoon dips.

Winter Mood Helpers to Keep on Hand

- **Magnesium Picks:** pumpkin seeds, almonds, spinach, dark chocolate (70%+).
- **Iron & B12:** lean red meat, clams, fortified cereals, nutritional yeast, dairy or fortified plant milks.
- **Vitamin D Sources:** fortified milk or yogurt, eggs, salmon, sardines.
- **Prebiotic fibers:** onions, garlic, leeks, bananas, oats, beans.
- **Polyphenol-Rich Foods:** berries, olives, herbs, cocoa, green tea.

Smart Caffeine and Sugar Strategy

- Enjoy coffee or tea earlier in the day and with food to reduce jitters.
- Choose naturally sweet swaps like dates, fresh fruit, or a square of dark chocolate after meals.
- If you use sweeteners, keep portions modest and pair with protein (e.g., yogurt + fruit).

10-Minute Mood Boosts (no blender required)

Savory Yogurt Bowl

- plain Greek yogurt
- cherry tomatoes
- olive oil
- za'atar
- whole-grain crackers

Smashed Chickpea Toast

- chickpeas
- lemon
- olive oil
- chopped parsley on whole-grain toast
- top with sliced cucumber

Nutty Apple Stacks

- apple rounds
- almond butter
- cinnamon
- crushed walnuts

Family-Friendly Recipes (also budget-friendly!)

Sunny Citrus Chickpea Salad

- Chickpeas
- Orange Segments
- Chopped Fennel
- Baby Spinach
- Olive Oil
- Lemon

Cozy Cinnamon Oat & Chia Bowl

- Oats with Milk
- Chia Seeds
- Cinnamon
- Sliced Pear
- Peanut Butter

Turmeric Lemon Broth with Greens

- Broth with Turmeric
- Ginger
- Garlic
- Carrots
- Kale
- Lemon
- Olive Oil

Roasted Sweet Potato Black Bean Tacos

- Sweet Potato
- Black Beans
- Corn Tortillas
- Avocado-Lime Yogurt
- Cabbage Slaw

Allergy-Savvy Swaps: Gluten-free tortillas for tacos; sunflower seed butter for nut-free; lactose-free or fortified plant milk for dairy-free.

Seven Day Mini Mood Menu (Mix & Match)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruit & Nut Plate	Egg & Spinach Scramble	Oat Chia Bowl	Yogurt, Berries, & Walnuts	Peanut Butter Toast & Banana	Cottage Cheese & Pineapple	Smooth Oats & Cocoa & Orange Zest
Tomato Lentil Stew	Quinoa Salad with Beans	Lentil Soup & Side Salad	Hummus Veggie Wrap	Tuna White Bean Salad	Baked Potato & Bean Chili	Veggie Omelet
Roasted Chicken, Carrots, & Farro	Salmon Brown Rice Broccoli	Chicken, Sweet Potato Wedges, Green Beans	Tofu Stir Fry with Mixed Vegetables	Turkey Chili with Corn	Whole Grain Pasta & Olive Oil & Garlic & Kale	Shrimp Tacos & Slaw

Batch Prep Idea: Cook a pot of grains and a tray of roasted veggies on Sunday. Add different proteins through the week to change flavors.

Smarter Snacking (for Work & School)

- Trail Mix: Almonds + Pumpkin Seeds + Tart Cherries
- Whole Grain Crackers + Cheese or Hummus
- Pear or Orange + a Boiled Egg
- Roasted Chickpeas with Paprika



Gentle Reminder: Food is one part of well-being. If mood changes feel persistent or severe, reach out to a health professional. This guide is educational and not a substitute for personalized care.

Grocery List & Budget Swaps

- **Proteins:** eggs, yogurt, canned salmon or tuna, beans, tofu, chicken thighs
- **Grains:** oats, brown rice, whole grain pasta, corn tortillas
- **Produce:** carrots, cabbage, kale, spinach, onions, garlic, citrus, apples, bananas, sweet potatoes, frozen berries
- **Pantry:** olive oil, peanut or almond butter, pumpkin seeds, walnuts, canned tomatoes, spices
- **Budget move:** frozen vegetables and fruit are nutrient dense, easy to portion, and often cheaper than fresh out of season

We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**