



Fish is a low GI food Fight depression

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Tips for improving your energy and mood for these long winter months

How you feel is very much dependent on your nutrition. Energy, after all, is derived directly from your food.

Even the brain's 'happy' neurotransmitter serotonin is made directly from tryptophan, an amino acid found in protein rich foods such as fish and meat. Here are five simple things you can do if your get up and go has got up and gone!

Balance your blood sugar

Your blood sugar balance control both your energy and appetite. The best diet for keeping your blood sugar, and your weight, even is a 'low GL' diet.

Avoid sugar and refined carbohydrates such as white rice, white bread and processed breakfast cereals as much as possible.

Eat wholefoods such as wholegrains, lentils, nuts, seeds, fresh fruit and vegetables and combine protein foods with carbohydrates by eating cereals and fresh fruit and ground seeds and ensuring you eat starch foods (potato, bread, pasta or rice) with fish, lentils, beans or tofu.

In addition cut right back on stimulants such as tea, coffee, chocolate and cigarettes. Oats are the best food for keeping your energy on an even keel.

So eat porridge oats (hot or cold) for breakfast and 100% oat cakes such as Nairns. The mineral chromium is also highly effective. Supplement 200mcg a day with breakfast.

Ensure optimum levels of omega-3 fish oils

Omega-3 fats are intimately associated with mood. These are especially rich in salmon, mackerel, herring, kippers, sardines and tuna. Also have an omega 3 fish oil supplement every day.

Get enough tryptophan

Serotonin is made from a constituent of protein, the amino acid tryptophan. Tryptophan is especially rich in fish, turkey, chicken, cheese, beans, tofu, oats and eggs. You can also supplement a type of tryptophan extracted from beans called 5-HTP 100mg a day.

Bump Up Your Bs

Your brain and body needs B vitamins, especially folic acid. These are rich in green leafy vegetables, beans, nuts and seeds, and other whole foods. Supplement a mood food formula providing at least

100mcg of folic acid, 10mcg of B12, 20mg of B6, 40mg of niacin (B3), together with 100mg of 5-HTP and tyrosine, another important amino acid.

Exercise is natural light

Modest exercise such as a daily 30 minute walking regime can significantly help to boost mood and increasing exposure to natural daylight or using full-spectrum light bulbs for indoor lighting also helps, especially if you are prone to the winter blues.

Have your thyroid level checked

A classic cause of depression is having an underactive thyroid. The telltale signs of an underactive thyroid are lethargy, depression, indigestion or constipation, poor memory and weight gain. If you have these symptoms and nothing else is working see your doctor and check for this. Also check yourself for food intolerance or allergy. A gluten or wheat allergy is a common cause of depression.

If you would like to find out more about Patrick's recommendations to Sarah for great motivation and mood using the optimum nutrition approach and receive your FREE fact sheet [click here](#)

To find out more about Patrick Holford's online nutritional consultation, click on the Useful Links

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