



## The Gut Brain Connection

Your gut contains 500 million neurons (cells found in the brain and nervous system that control your behaviors).

Neurotransmitters, chemicals that control your feelings and emotions, are produced in the gut.

Gut microbes communicate with the brain during times of inflammation to decide what is passed into the body and what is excreted.

Short chain fatty acids can be produced in the gut and are important for the maintenance of the barrier surrounding your brain.

**Food Feasible LLC**  
Big Picture Nutrition.

Relax  
Naturally



### Calming Tea:

1 ONE INCH PIECE OF FRESH  
GINGER ROOT, SLICED

1 SLICE OF LEMON

1 SLICE OF ORANGE

3-4 FRESH MINT LEAVES

1 TSP LOCAL HONEY

1-2 CUPS WATER

1. PLACE ALL INGREDIENTS IN  
A LARGE MUG.

2. HEAT IN MICROWAVE FOR 2  
MINUTES, OR UNTIL WATER IS  
HOT AND INGREDIENTS HAVE  
STEEPED.

*Nutritional  
Navigation*

**The Gut Brain  
Connection**

*Eating to Manage Stress & Mood*

*contact for questions*

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# Stay Smiling



## EAT REGULAR MEALS

Hunger leads to irritability. Fuel up throughout the day!

### FAT IS YOUR FRIEND

Fats, including whole fat dairy, olive oil, nuts, seeds and avocado, promote satiety!

## POWER UP WITH PROTEIN

Include protein with meals and snacks to stay satisfied & keep you focused.

### WATER. WATER. WATER.

Hydration is key for avoiding mental fog and maintaining concentration. Carry your water bottle to fill around campus!

## Eat a Variety of Fiber-Rich Foods

### WHY?

STABILIZE BLOOD

SUGAR,

CONTROL MOOD

SWINGS,

PROMOTE DIGESTIVE

HEALTH

### FOODS LIKE:

APPLES

BANANAS

WHOLE GRAIN BREADS

KALE

SPINACH

BROCCOLI

BEANS

CHIA + FLAX SEEDS



# Mood Enhancing Nutrients



**Folate** - cooked spinach, cereal, asparagus, romaine, avocado, bread, beans, eggs, fish, beets

**Thiamine** - fortified cereals, rice, tuna, acorn squash, oatmeal, corn, milk, sunflower seeds, black beans, pork

**Omega 3s** - soybeans, flax seeds, walnuts, fatty fish

**Vitamin C** - citrus fruits, bell peppers, broccoli, tomatoes

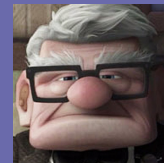
**Magnesium** - whole wheat pasta, rice, almonds, beans, oatmeal, milk

**Chromium** - broccoli, grape juice, garlic, potatoes, basil, apples, bananas, green beans

**Tryptophan** - mozzarella, soy products, pumpkin seeds, chick peas, quinoa, sesame seeds

**Antioxidants** - beta-carotene (carrots, spinach, kale), lutein (corn, squash), lycopene (watermelon, tomatoes), selenium (seafood, Brazil nuts, whole grains)

# Mood Antagonists



ASSESS HOW THESE MAKE YOU FEEL & MANAGE ACCORDINGLY

CAFFEINE

ALCOHOL

ENERGY DRINKS

SODA

CANDY

FRIED FOODS



## Other Ways to Chill Out

GO FOR A WALK

HANG OUT WITH FRIENDS

TAKE A HOT BATH

DO A FACE MASK

TRY YOGA

PRACTICE MEDITATION

HAVE A CUP OF TEA

LISTEN TO MUSIC

ENJOY AROMATHERAPY