The following are some general guidelines for a happy belly and happy mood!

**GOOD MOOD FOODS:**

- **Protein:** fish, poultry, eggs, beef, lamb, pork, venison, buffalo, dairy protein, veggie protein
- **Fats:** omega-3 fats, fish, whole fat yogurt, coconut milk, avocado, butter (NOT margarine)
- **Vegetables:** ALL, fresh, plentiful, raw and cooked, dark leafy greens for sure

**GOOD MOOD FOOD GUIDELINES:**

- Eat enough and regularly. 3 meals a day with no more than 5 hours between; don’t skip meals, and definitely don’t skip breakfast. Ideally a 12 hour fast between dinner and breakfast. *(This is NOT a weight thing, but how the body best optimizes nutrients)*
- Eating according to genetic heritage, seasonally and locally, as much as possible

**BAD MOOD FOODS:**

- **Sweets and white flour starches:** A lot of things out of boxes and the freezer and cans (not as much). Read your labels!
- **Wheat:** and sometimes rye, oats and barley – dependent on the sourcing and processing of these products and your own personal tolerance to them
- **Bad mood fat:** vegetable oils, shortenings, margarine, trans-saturated, etc.
- **Additives:** caffeine, aspartame, colorings, preservatives, chemical additives, pesticides
- **Allergens:** wheat, cow’s milk products, soy and nightshade family (tomatoes, peppers, white potatoes, eggplant and tobacco, chocolate, corn, peanuts, eggs, oranges, apples, dairy (modern cow)

**BAD MOOD FOOD HABITS:**

- Not eating enough or skipping meals
- Low calorie dieting; low fat diets; low protein diets; Prepackaged diet foods (no nutrients) ~notice the word “diet”!