

# Good mood food for winter.



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## What is good mood food?

The food we eat can have a great impact on our mood, and if you want to look and feel good then you need to be sure to include some of the foods that will naturally lift your spirits.

When we think of the foods and behaviours associated with someone living a stressed out lifestyle they are typically sleep deprived, drinking lots of caffeine and eating fast food while on the run.

There is a vicious circle at work here.

Now look at the difference foods like

fresh fruit, vegetables and whole grains can make. Unlike sugar and caffeine (which create an energy “roller coaster” effect), eating healthy ingredients throughout the day helps keep blood sugar levels and your mood on a calmer, more even keel.

Eat well, sleep well, feel great – it’s simple and it’s all related to the food and lifestyle choices we make every day. Your health and happiness are in your hands, so get off the high-low food roller coaster now and hop on board the Lite n’ Easy good food express – it could be just the ticket to get you eating well and back on track to reach your goals!

See over the page for details on Lite n’ Easy’s delicious new winter menu.

