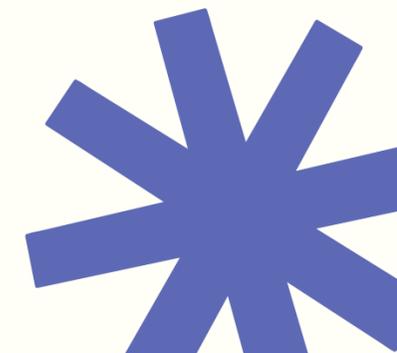


FOOD MOOD?

we



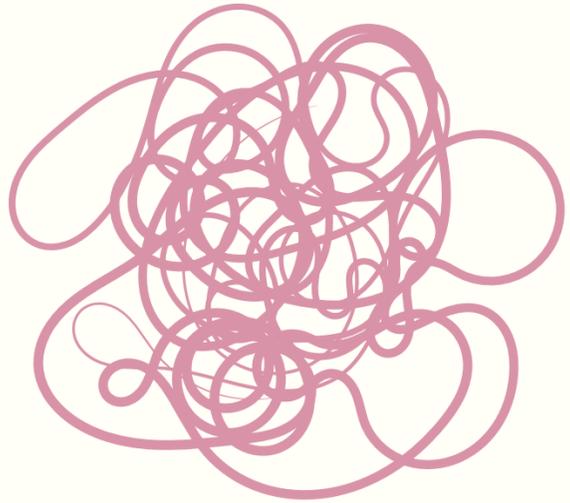
- what is food mood?
- why do we need to care?
- how will it be?





COLLEGE LIFE

=



STRESS



+

BAD EATING HABITS



SKIP MEAL



LATE SNACK



COMMON COLLEGE PROBLEMS:



EMO-EATING



SUGARHOLIC

WHY FOOD
AFFECTS MOOD
(THE SCIENCE)

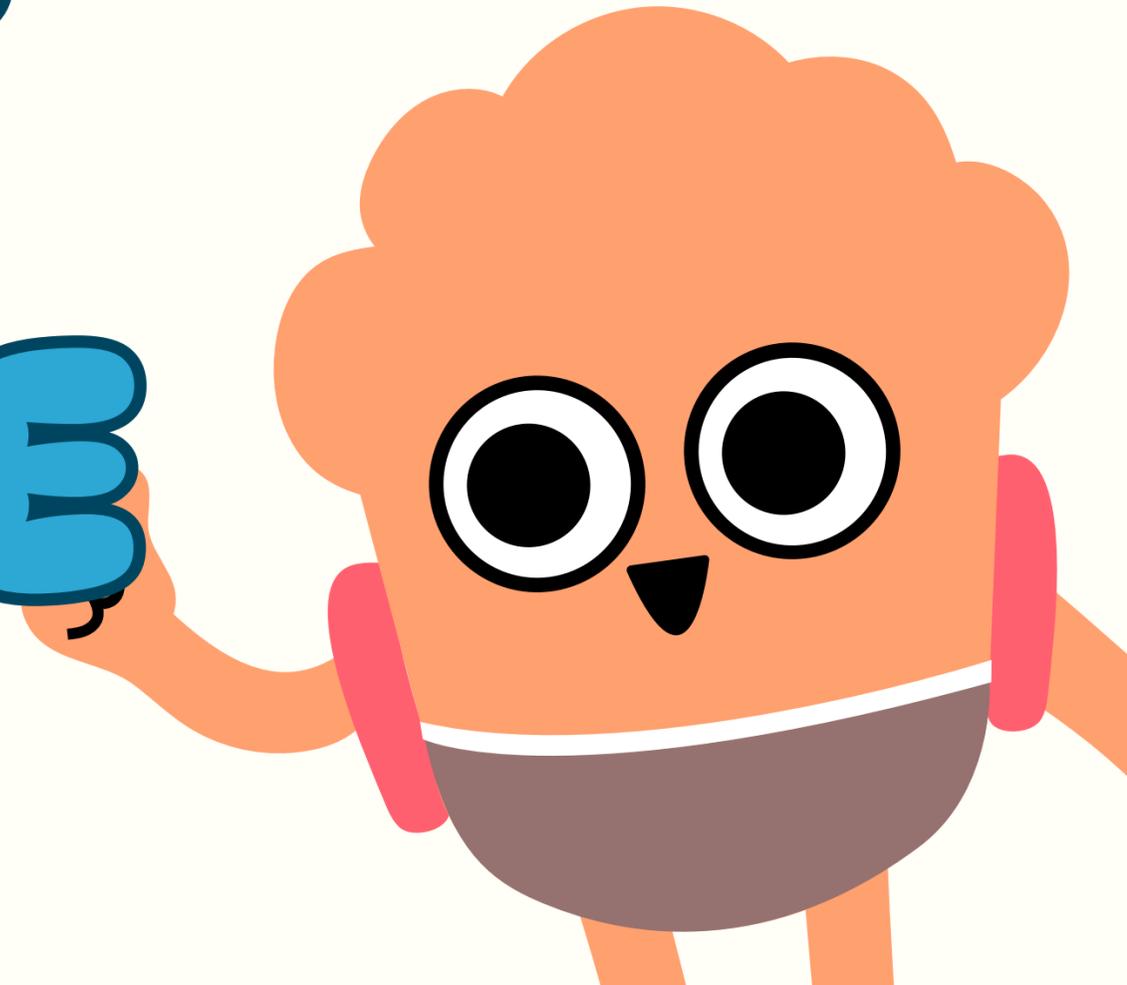
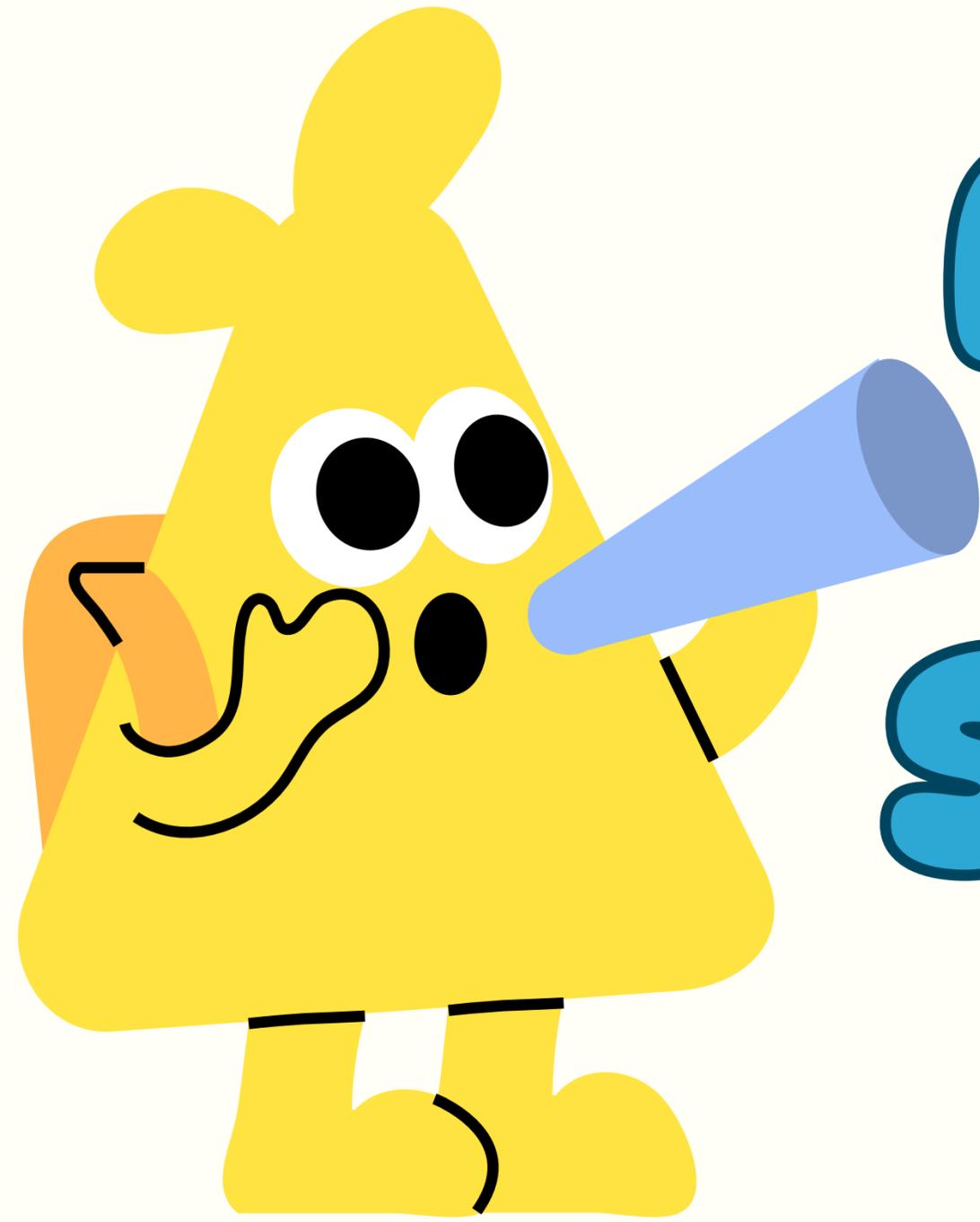
FOOD INFLUENCES THE BRAIN

- Blood sugar → energy & concentration
- Serotonin → many receptors in the gut ; affects happiness
- Dopamine → activated by tasty foods ; temporary pleasure

Eating well = more stable emotions.



DO WE
REALLY
NEED
SCIENCE





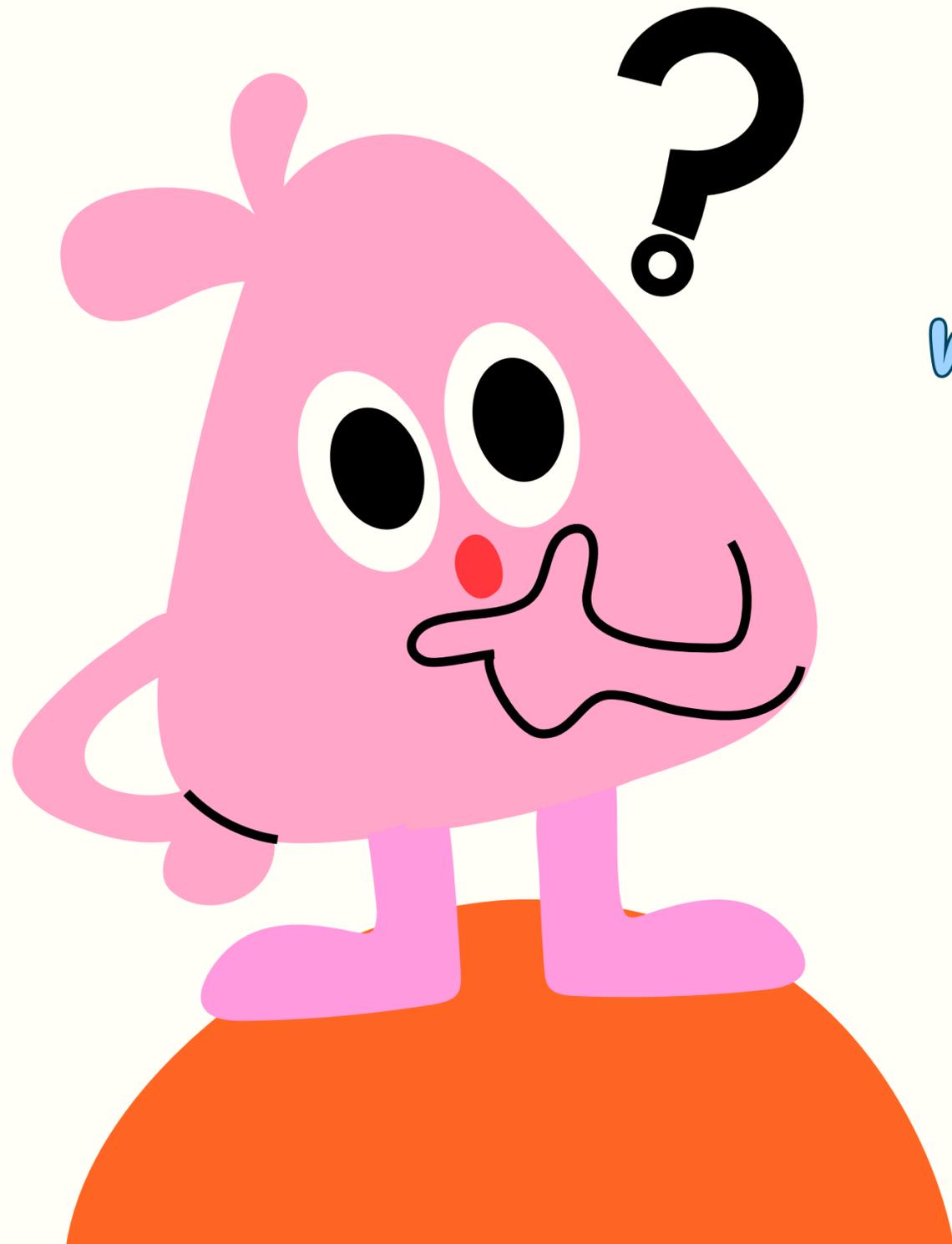
NO!





NO!





NOT REALLY BUT...

WE DO NEED A HEALTHY DIET SOMETIMES

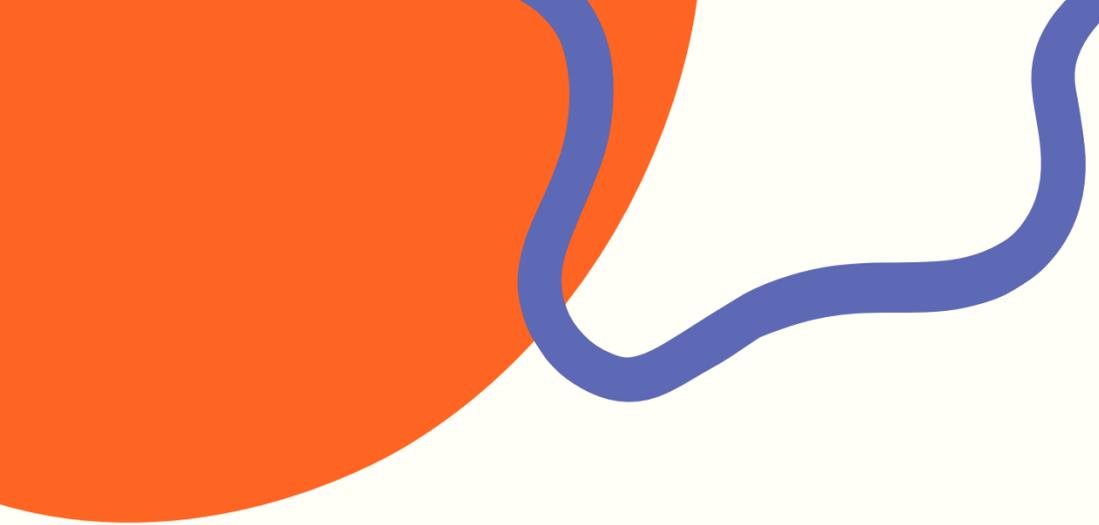
- diet isn't only cause diet
- it's not about "not to eat"
- comfort food "is" comfort
- what to do / what must not

SO... HOW TO SURVIVE IN COLLEGE?

- JUST REMEMBER -

- small changes can make a big difference in college life
- choose what is best for yourself and what can put you in a good mood





THANK
YOU

