



# Eat Better to Feel Better

For years research on healthy eating has been all about weight and chronic disease; new research shows how foods can make us feel.

Comfort Food Does not Lead to Comfort: When you eat “comfort foods” like ice cream, pizza or mac ‘n’ cheese; foods that typically tastes very very good, they can actually make us feel worse..

But Good Foods do make us Feel Better: Research shows that improving the quality of a person’s diet can have a significant effect on mental health.

An analysis of 16 studies found that dietary interventions significantly reduced depression symptoms.

To Feel Better: Eat more Fruit and Green Leafy Vegetables. Leave Fried Food Alone, and Turn your Back on Sugar. You got this!

March is  
Nutrition  
Month

For more info:  
<https://www.nytimes.com/2022/01/24/well/eat/brain-food.html?referencingSource=article&share=0>

Bethlehem Baptist Church Health Ministry March 2022