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What Can We Eat to Live Happily?

The desire to be happy occurs in everyone, as this is the basis of mental health. Modern rhythms have changed the life of the societies we occupy and have added stress in everyday life—which makes attaining a good mood a complicated process for many people. Nevertheless, this positive thinking should not be perceived as complex, and should be based on achieving a high standard of living or wealth. The fact is that many researchers support the idea that some products are capable of influencing the level of mental restlessness of a person. In the example of several common products, it is possible to trace that they can affect the level of human happiness-inducing hormones and can be included in one's diet to improve mood.

The first item in the list of products that directly affect the level of happiness of a person can be called greens. Since the primary sources of joy for the human brain are such neurotransmitters as dopamine and serotonin, it is necessary to increase the frequency and quality of their production in the body. Such greens as spinach and other dark green vegetables contain a high content of vitamin C and magnesium, which are key building materials for these neurotransmitters.

An essential source of nutrients for a good mood are seeds and nuts. Currently, the prevalent form of these products is chia and flax seeds, which can help a person get omega-3. Some types of nuts have so many nutrients that they can be more useful than some antidepressants. Thus, adding seeds and nuts to one's diet can improve the level of happiness of a

person significantly. Zinc and iron, which are contained in their composition, enhance the mood of a person and motivation for an effective performance.

In addition, many products that have the effect of an antioxidant can also be successful fighters of negative emotions. Blueberries and acai berries are examples of such food, as their composition is full of phytonutrients and vitamins. This allows them to be a means to combat stress. As stress is the most common cause of a bad mood, people need to consume such berries as blueberries and acai berries to renew the ability of the body to fight external factors that affect one's mental state negatively.

Moreover, common products can also be used to improve the level of human happiness. Many people notice that chocolate can make them rejoice because of the sweet taste. Nevertheless, the primary source of joy in the consumption of this delicacy is cocoa. The use of this product stimulates the production of the same hormone that appears when one is in love. Therefore, bitter and high-quality cocoa can be a source of a pleasant mood.

Even though all of the above products act on a person's morale in the short term, there is food that can have an impact in the long run. Any products that contain a high level of B vitamins can increase a person's chances of waking up happy. Nuts, rice, broccoli, fish, and spirulina are examples of foods that are suitable for this description and can help accumulate the necessary nutrients. Thus, adding such products to one's diet can be a profitable investment in mental and physical health.

Further, it is also necessary to care for the production of hormones of happiness not only in the brain, but also in the intestines. Many do not know, but the digestive system produces more serotonin than the brain. This factor allows assessing the importance of fermented food for the bodily sensation of joy. Such products as kimchi, miso, kefir, kombucha, and others are rich

in useful bacteria that can improve the digestion of a person and restore his or her health. Therefore, it is vital to add them to one's daily diet.

The role of omega-3 for health has already been described, but many products that contain it may be valuable for other reasons. One of the most famous sources of this element is wild fish that has grown in good ecological conditions. Also, omega-3 includes a docosahexaenoic acid that affects the chemistry of the human brain directly and develops its plasticity. In this regard, wild fish is an essential element of the diet of any person who wants to maintain the health of brain tissue before old age comes.

Products that can saturate a person with necessary substances for the whole day and affect the mood positively need special attention. Bananas are a unique food since they are nourishing due to fiber and contain a significant amount of iron, potassium, magnesium, zinc, and vitamins. Thanks to this composition, bananas can become an integral part of every person's day. The use of one fruit a day can restore the stock of necessary substances to resist stress. So, it is best to eat fruit during breakfast or as a snack.

In addition, some foods should be consumed more often at certain times of the year to maintain a person's level of happiness. Many people notice that winter is a period when mood worsens. This principle is associated with a lack of vitamin D produced in the sun. Therefore, it is necessary to add more fatty fish, mushrooms, and almond milk to one's daily menu in winter. These foods contain a high level of vitamin D and help to keep one's mood at a healthy height.

Lastly, particular attention should be paid to the issue of carbohydrates for improving the mental and physical health of a person. Such products as lentils, chickpeas, and potatoes are complex carbohydrates and can influence the level of serotonin positively. Therefore, it is important not to avoid the right carbohydrates and use them for healthy nutrition.

Depending on the composition, many common and popular products can be useful sources of elements necessary for the production of hormones connected with happiness. Healthy food affects the brain, intestines, and the general health of a body; therefore, these items are able to improve the mood of a person. The benefit of such an effect can accumulate and exert an effect even if one of the intakes of such food is missed. In this way, by eating each of the above products at least once a week, a person can feel an improvement of mood and enhance stress resistance.



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