

# MOOD FOOD

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## How does your diet affect your mood?



Omnivore



Pescetarian



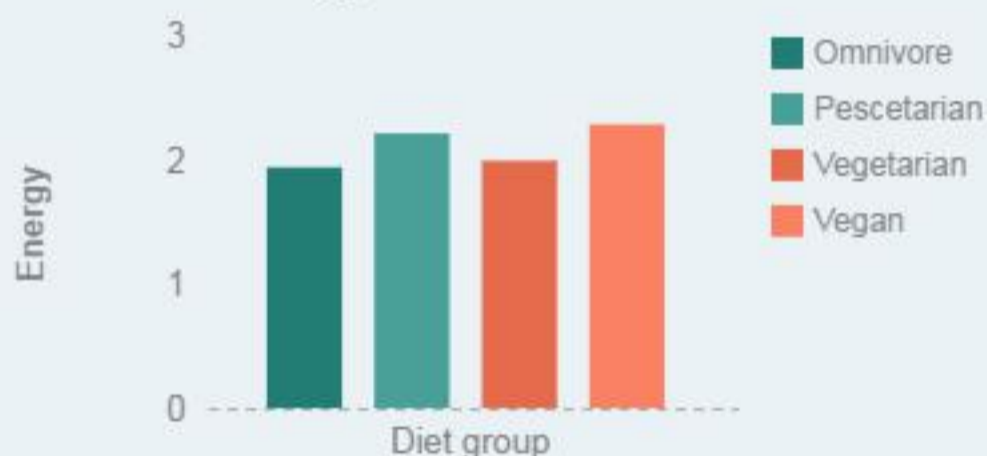
Vegetarian



Vegan

This research project aims to investigate how diet influences mood. Through the analysis of a survey with 136 participants, the links between diet type (Omnivore, Pescetarian, Vegetarian, Vegan) and general mood and energy were established. Below you can see a graphic representation of our results.

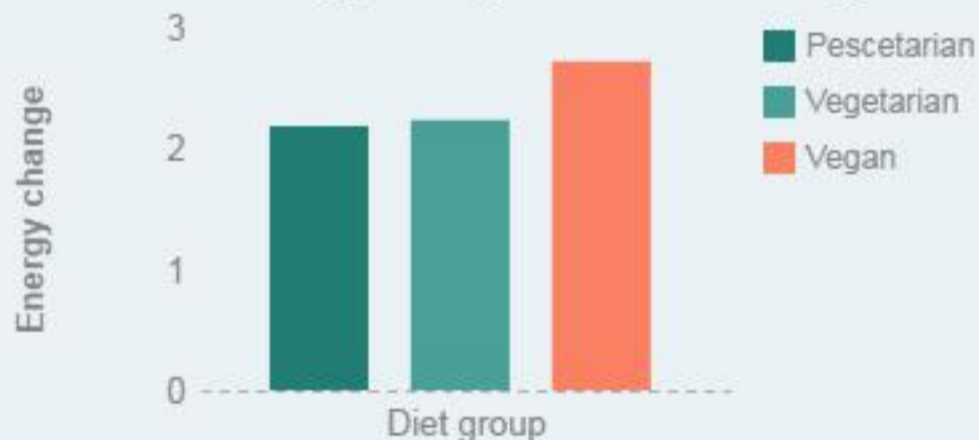
### Energy in the last 2 weeks



**OUR FINDINGS: Vegans had significantly higher energy levels than Omnivores. High nut and fruit intake predicted high energy levels, whereas sweets and cakes predicted low energy levels.**

**PREVIOUS RESEARCH:** Although there was no research supporting higher energy levels in Vegans, research confirms the benefits of nuts and seeds in increasing energy levels (Duke, 2001).

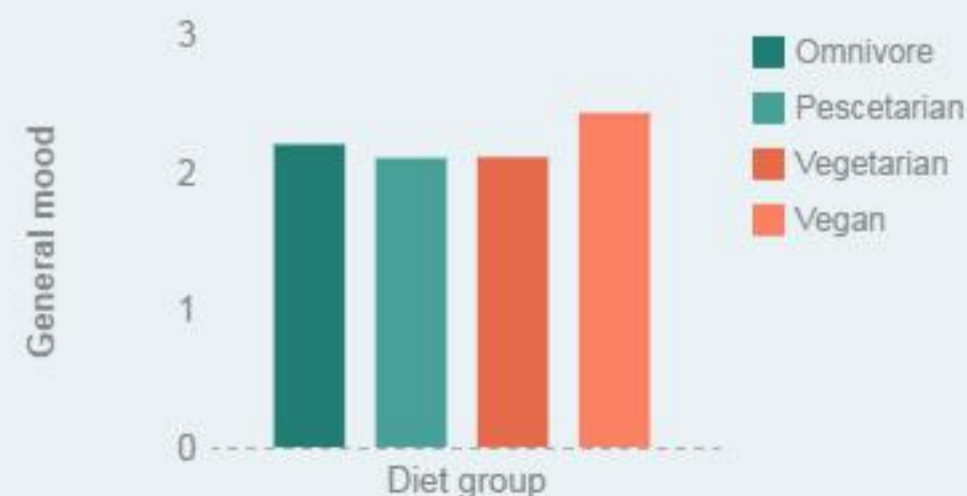
### Energy change after diet change



**OUR FINDINGS: After changing their diet, Vegans experienced more improvement in their energy levels than Vegetarians and Pescetarians.**

**PREVIOUS RESEARCH:** Kelsay, Behall and Prather (1979) found that fruits and vegetables increase energy due to their high fiber content. Therefore, it is possible that Vegans and Vegetarians, as a result of their high intake of fiber dense foods demonstrate more elevated energy levels.

### Mood in the last 2 weeks



**OUR FINDINGS: General mood did not significantly differ between the groups.**

**PREVIOUS RESEARCH:** Beezhold and Johnston (2012) observed that Omnivores who ate a vegetarian diet for two weeks experienced improved mood states. Further studies found that Vegetarians and Vegans tend to be happier possibly due high antioxidant diets.

#### References:

Beezhold, B., & Johnston, C. (2012). Restriction of meat, fish, and poultry in omnivores improves mood: A pilot randomized controlled trial. *Nutrition Journal*, 11(1).  
 Duke, J., & Castleman, M. (2001). *The green pharmacy anti-aging prescriptions* (1st ed.). [Emmaus, Pa.]: Rodale.  
 Kelsay, J.L., Behall, K.M., & Prather, E.S. (1979). Effect of fiber from fruits and vegetables on metabolic responses of human subjects I. Bowel transit time, number of defecations, fecal weight, urinary excretions of energy and nitrogen and apparent digestibilities of energy, nitrogen, and fat. *Am J Clin Nutr* 1978;31:1149-53

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