

Why Food Affects Your Mood

Have you ever felt “hangry?” Hangry is a combination of the words hungry and angry which refers to people’s tendency to be irritable when they are hungry. So what causes this? In order to function properly, your brain needs glucose from the food you eat. When your blood glucose level drops far enough (these levels drop as time passes from your last meal), you may notice difficulty concentrating, a change in mood, feel grumpy or irritable. The appetite increasing hormone, Ghrelin, can affect how quickly your appetite comes back after a meal, too. Here are a few tips to avoid being hangry:

- Eat appropriate portions throughout the day and **do not skip meals**.
- **Plan your meals in advance** so you are not scrounging for food at the last minute.
- **Have snacks on hand at all times**. Make sure the snack consists of fiber and protein to help keep you full.
- **Avoid crash diets** as they may leave you feeling hungry.

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