

Eat And Feel Great! 12 Delicious Foods That Are Good For Your Mood...

If you find yourself needing a quick mood boost in the middle of the day, here are twelve foods you can reach for that will make you feel as great as they taste.

Popcorn: Air-popped is the best option, but low-fat microwave popcorn is the next best thing. Keep the butter to a minimum.

Popcorn boosts your energy and thereby your mood—pair it with a protein like string cheese or a handful of almonds and it will work even better.

Pork: Lean pork, like pork roast, pork chops and pulled pork, will help boost your mood. It's full of B vitamins, which help you fight stress. And it contains choline, which fuels your brain.

Coffee: A cup or two will help to enhance physical and mental performance. The trick is not to overdo. You've had too much if you get the jitters, nervousness or feel jumpy and can't focus. A good guide is between 10 and 16 ounces for those who are not caffeine-sensitive.

Fat-Free Milk: Nonfat chocolate milk is a better energy booster than a sports drink, according to a study by Indiana University. Milk is a great feel-great food.

If you find you have an adverse reaction to milk, you might try confining yourself to eight-ounce servings spread out over the day to eliminate these problems.

Eggs: The egg is one of the best foods for your brain and your temperament. One whole egg per day can help boost your brain cells (via lecithin in the yolk).

Hot Cocoa: Natural, unprocessed cocoa (not "Dutched") is full of beneficial phytochemicals. A cup before bed will help you sleep, too.

Chocolate: Choose dark chocolate over milk, and look for 70 percent cocoa if possible. Many dark chocolates are now labeled with the percentage of cocoa. Keep portions to about three ounces at a time.

Nuts: Nuts are food for the brain. Researchers have found that almonds and walnuts can help fight Alzheimer's and depression. They are loaded with the brain-boosting chemical choline. And a handful of nuts before a meal can help you feel less jittery, hungry and stressed.

Turkey: The tryptophan in turkey is what makes you feel so good. This amino acid leads to serotonin production, which improves your mood. It also enhances cognitive performance in times of stress. Try a turkey sandwich at lunch and see if it helps. Just go easy on the fat (don't skip it, just don't use too much).

Whole Grains: If you've been avoiding carbs, you know that it can have an adverse effect on your mood. Try the better carbs—100% whole wheat bread, whole-wheat pasta and breakfast cereals with four or more grams of fiber and less than 10 grams of sugar. This will help even your mood between breakfast and lunch. Use brown rice whenever possible to glean the fiber and protein.

Grape Juice: Grape juice has similar polyphenol properties to red wine, which is good for healthier hearts and reduced risk of stroke. And grape juice can hold off or even reverse brain aging. The key? Drink 100% juice with no added sugar and the skins included (Welch's passes both tests).

Source: MSN Health/The Good Mood Diet by Susan Kleiner, Ph.D., and Bob Condor. Reprinted courtesy of the Broward Centurion. ■

College Of Useless Knowledge Trivia to amaze and amuse

- If you toss a penny 10,000 times, heads will come up about 4,950 times. The head's picture weighs more, so it ends up on the bottom.
- Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de Los Angeles de Porciuncula."
- If NASA sent birds into space they would die; they need gravity in order to swallow.
- Armored knights raised their visors to identify themselves as they passed the king; this custom has become the modern military salute.
- Ben and Jerry's send the waste from ice cream production to local hog farmers to use as feed. The hogs love it, except for the Mint Oreo flavor.
- If a statue of a person on a horse has both the horse's front legs in the air, the person died in battle; if the horse has only one front leg in the air, the person died as a result of battle wounds; if the horse has all four legs on the ground, the person died of natural causes.
- The characters Bert and Ernie from "Sesame Street" were named after Bert the cop and Ernie the taxi driver from "It's a Wonderful Life."
- Dueling is legal in Paraguay as long as both parties are registered blood donors.
- In England, the Speaker of the House is not allowed to speak.
- Ivory bar soap was never supposed to float. The soap formula was being overmixed, causing excess air in the bar, which made it float. Customers wrote how much they loved that it floated, and it has ever since.
- Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.
- Armadillos are the only animals besides humans that can contract leprosy.
- The glue on Israeli postage stamps is certified kosher.
- Belgium is the only country that has never imposed censorship for adult films.
- A giraffe can clean its ears with its 21-inch tongue.
- Bees kill more people a year than sharks do.
- Bruce Lee was so fast that they actually had to slow film down so you could see his moves.
- Brazil is the only country to have played in every World Cup soccer tournament.
- Certain frogs can be frozen solid, then thawed, and continue living.
- China has more English speakers than the U.S.
- A healthy human eye can distinguish between 500 shades of gray.

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