

RELATION BETWEEN FOOD AND EMOTIONS

Negative emotions and food choices

Emotions like stress, shame and guilt most significantly and negatively affect our diet.



Obsessed with food

The more restrictions you are trying to obey the more you may get obsessed with dieting, which may lead to numerous eating disorders.



Different kind of food satisfy different emotional needs

It's exactly the same as it is when we crave certain kind of food when we lack some vitamins or minerals.



Scientific point of view on emotional eating

When we have problems and are stressed, feel anxious and need any kind of emotional relief food is here to help us out. It does work because many types of food contain tryptophan - an amino acid which helps to release of serotonin - in other words - hormone of happiness.

