

# The Impact of Foods on Neurotransmitters

<b>Neurotransmitter</b>	<b>Effects of Deficiency</b>	<b>Foods to Avoid</b>	<b>Foods to Consume</b>
<b>Acetylcholine</b>	Deterioration of memory and imagination Fewer dreams Increased confusion, forgetfulness, and disorganization	Sugar Deep-fried food Junk foods Refined and processed foods Cigarettes Alcohol	Organic/free-range eggs Organic or wild fish- especially salmon, mackerel, sardines, and fresh tuna
<b>Serotonin</b>	Low mood Difficulty sleeping Feeling "disconnected" Lacking joy	Alcohol	Fish Fruit Eggs Avocado Wheatgerm Low-fat cheese Lean, organic poultry
<b>Dopamine</b>	Lacking drive, motivation and/or enthusiasm Crave stimulants	Tea & coffee Caffeinated drinks & pill	Regular, balanced meals Fruits and vegetables high in Vitamin C Wheatgerm Yeast spread
<b>GABA</b>	Hard to relax Can't switch off Anxious about things Irritable Self-critical	Sugar Alcohol Tea & coffee Caffeinated drinks	Dark green vegetables Seeds & nuts Potatoes Bananas Eggs

Source: Mental Health Foundation, <https://www.mentalhealth.org.nz/assets/ResourceFinder/Feeding-Minds.pdf>