

The Right Way to Eat Your Feelings

Negative feels probably give you the urge to Bridget Jones a pint of chocolate chunk... versus cozying up to, say, a plate of steamed broccoli. And it's natural to crave crap food when you're in a crap mood, since sweets and simple carbs cause your brain to release hits of feel-good chemicals, says Rachel Lustgarten, RD, a clinical dietician at Weill Cornell Medicine in NYC.

Unfortunately, the high doesn't last. Unhealthy grub also spikes your blood sugar, which then crashes, leaving you sluggish, hungry, and no happier than you were before.

Enter health coach Lindsey Smith, whose new book, *Eat Your Feelings*, shows how to curb outta-control emotional cravings with satisfying, healthy alternatives. Her philosophy: Feeding feelings like stress, sadness, and fatigue with solid, mood-boosting nutrients instead of garbage can quell your hankerings and soothe your emo 'tude. Take a bite of her tasty advice.



By Megan Deem

If You're...

Stressed

What You Want

When your mind is fried, you may be tempted to inhale bag after bag of chips. But simple carbs, which your bod converts to straight-up sugar, put your energy levels on an anxiety-provoking roller coaster, says Lustgarten.



What You Need

Reach for nutrients that calm your nerves. Zinc, found in nuts like walnuts, has been shown to reduce tension over time. Walnuts are also full of healthy fats, which can help you make clearer decisions. "You'll increase your brain function when you incorporate this kind of goodness into your diet," says Smith.

Your Happy Snack



Good Night Bites

Cut two dates in half and remove the pits. Stuff each half with goat cheese, and top with walnuts.

If You're...

Heartbroken

What You Want



Pizza, fries...*all* the heavy stuff. "It's instinct to reach for these when you're down," says Smith. "They temporarily boost serotonin, the neurotransmitter that makes you feel on top of the world." But remember, the comedown is a real bummer.

What You Need

Instead of temporarily blunting your blues with a lasagna binge, reach for foods that will help you get out of the dumps for good. Bananas (which we magically transform into dessert, at right!) contain magnesium, a healthier serotonin-booster that can improve your mood long-term.

Your Happy Snack

Breakup Ice Cream

In a blender, combine one frozen, sliced banana with ½ c. almond or coconut milk and 1 T peanut butter. Blend until smooth, then top with a handful of dark chocolate chips. Eat immediately, or freeze for 30 minutes for a firmer consistency.



If You're...

Tired

What You Want



Your insides are literally screaming for caffeine and sugar, but don't give in. The pick-me-up provided by that unholy drink duo will fade fast.

What You Need

When it comes to sailing over the 3 p.m. hump, liquids are key. Even slight dehydration can make you feel sleepy, says Patricia Bannan, RDN, author of *Eat Right When Time Is Tight*. That's because a lack of fluids forces your heart to work harder to push oxygen and nutrients through your bloodstream, an effort that ends up sapping your verve.

Your Happy Sip

Iced Turmeric Lemonade

In a pitcher, combine one quart filtered water with 1 T turmeric (it boosts energy, according to studies), the juice of two lemons, and 1 T maple syrup. Pour over ice.

