

Happier moods mean healthier foods

Looking to lose weight? Think a happy thought before you eat. A Cornell study has found that mood and food do more than just rhyme. Your mood impacts what kind and how much food you eat.

“People use food to either maintain a good mood or regain a good mood, and if you’re already in a good mood, you tend to eat more healthfully than if you’re in a bad mood,” said Professor Brian Wansink, whose study was published in the *Journal of Consumer Psychology*.

“The take away of this study is you can change your mood and eat better. Before a snack or meal, think of something that makes you happy or grateful, and you’ll eat less and better,” said Wansink.

