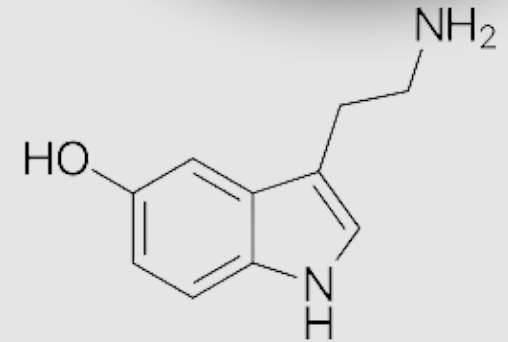




SEROTONIN AND FOOD

- **Serotonin** is a monoamine neurotransmitter also known as 5-hydroxytryptamine (5-HT).
- Produced in the central nervous system (CNS).
- Primarily found in the gastrointestinal tract's enteric nervous system (GI tract).



Serotonin

It is commonly known as one of the Feel good Hormone.

- Serotonin has been **linked to certain foods**, and its role in human physiology is a popular topic of scientific research for improving mental health and happiness.



What does serotonin do?



IN THE BRAIN

VS

IN THE GUT

Acts as an inhibitory neurotransmitter that regulates:

- Moods
- Fears
- Anxiety
- Feelings of relaxation
- Mental focus
- Learning ability
- Clarity of thought

Acts as a hormonal messenger that regulates:

- Satiety
- Food cravings
- Digestion
- Nutrient adsorption
- Peristalsis

• Serotonin deficiency has been linked to severe mental illnesses such as:

■ Depression

■ Anxiety

■ Intermittent Explosive Disorder

■ Bipolar Disorder

■ Obsessive-Compulsive Disorder

■ Autism

■ ADHD

Serotonin Enhancing Foods



Eggs



Cheese



Fish



Nuts & Seeds



Pineapple



Tofu



Green leafy
vegetables



Banana



Pepper

Because the body does not produce serotonin naturally, it is synthesized through the consumption of amino acids (l-tryptophan).

Serotonin Depleting Foods



Sugary snacks



Food with high levels of trans-fat



Highly-processed foods

When consumed on a regular basis, these products may reduce the amount of tryptophan and B vitamins in the diet, as well as the ability to produce serotonin when needed.

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