The food-mood connection

When it comes to stress, what you eat – or don’t eat – matters. Some people cope with stress by overeating, eating unhealthy foods, or both. On the other hand, some may find themselves skipping meals because they’re pressed for time.

One reason it’s hard to make healthy food choices when you’re stressed is that **stress makes your brain crave comfort foods** like burgers and fries.*

Try stocking your kitchen or office with healthy options like berries or mixed nuts — tasty choices that actually make you feel better.


Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc. in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Muhlenbach St., Suite 100, Portland, OR 97232

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**All about emotional eating**

Do you tend to overeat when you’re stressed? Learn how to face your feelings instead of heading for the fridge.