



香港紅十字會
HONG KONG RED CROSS

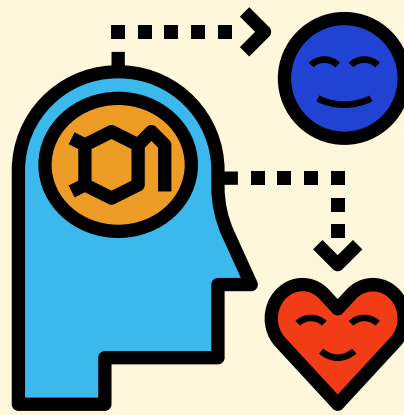
Happy Hormones



There are different hormones in our body. The hormones are composed of "amino acids," which are proteins. Dopamine, oxytocin, and serotonin are the hormones that can boost our mood. When their levels increase, our brains will give out signal to make us feel happy.

DOPAMINE

- Dopamine allows us to be more motivated towards our goals. When it is secreted more actively, our working or studying efficiency will be improved. It can also make us feel satisfied and joyful.



OXYTOCIN

- Oxytocin can also be called the "love" hormone. This is because it will be raised when we hug and get closer to others. It could help our emotional health. For mothers, it helps connect with their babies.



SEROTONIN

- Serotonin is produced by chemical nerve cells. It carries messages between our nerve cells.
- It is considered a natural mood stabilizer. It is a chemical that aids in sleeping, eating, and digestion.



Which foods can make us feel happy?



Food sources of dopamine:

- **Meat, salmon, almonds, eggs, apples, avocados, bananas, dark chocolate, green leafy vegetables, olive oil, dairy products, soy, and foods rich in natural probiotics such as yogurt.**



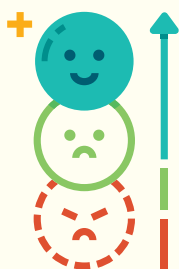
Food sources of Oxytocin:

- **Foods containing vitamin D, vitamin C, magnesium, and dietary fats: mushrooms, sardines, tuna, egg yolks, citrus fruits, tomatoes, spinach, avocados, etc.**



Food sources of Serotonin:

- **Oats, whole grains, bananas, spinach, nuts, eggs, milk, tofu, soy milk, omega-3 fatty acids, most meats such as pork, beef, chicken, sheep, etc.**



Even though the foods above can make us feel happier, we should not consume more than we need. We have to make appropriate choices and have a balanced diet so that we can stay healthy and our hormones can be maintained at a satisfactory level. Then we can feel happy naturally.

References :

Harvard Health Publishing
MIND HK
Healthline

The above information
is for reference only.

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