

MIND MOOD PASSPORT

Open —your— Mind

A FEEL-GOOD CHALLENGE TO
SUPPORT YOUR MIND AND MOOD

—with—

NUTRITIONAL PSYCHIATRIST
DR. UMA NAIDOO

“

A happy gut is a
happy & calm mood

-DR. UMA NAIDOO

JOIN THE CHALLENGE:

Each week in September, we'll introduce a simple daily habit designed to strengthen the gut microbiome and the gut-brain connection—central to quieting anxiety, balancing mood and boosting mental clarity.

COLOR
WEEK

01

Include at least 5 different colors of plant foods each day—such as fruits, vegetables, herbs and spices.

FIBER
WEEK

02

Begin gradually increasing your intake of fiber to reach the daily recommended amount.

OMEGA-3
WEEK

03

Focus on prioritizing omega-3 fatty acids.

FERMENTS
WEEK

04

Incorporate at least one fermented food per day.

Include at least 5 different colors of plant foods each day—such as fruits, vegetables, herbs and spices.

Why? Each color-rich food offers a unique set of nutrients and prebiotics that nourish the diverse beneficial bacteria in your gut. Brightly colored foods are also packed with polyphenols, powerful antioxidants that help fight inflammation and reduce oxidative stress, supporting overall health and well-being.

COLOR INSPIRATION TO GET YOU STARTED

Reds: Beets, strawberries, raspberries, red peppers & tomatoes

Orange & Yellows: Sweet potatoes, carrots, mango, pineapple & turmeric

Greens: Kale, spinach, broccoli, Brussels sprouts & fresh herbs

Blues & Purples: Açai, blueberries, blue-green algae & purple cabbage

LOG HOW YOU ARE FEELING BEGINNING THIS CHALLENGE

(click or tap to place an X on each spectrum below)

MOOD



ENERGY



STRESS



ANXIETY



FOCUS



PRODUCTIVITY



VISIT OUR WEBSITE FOR LIFE ALIVE'S COLORFUL
MEAL OPTIONS & RECIPES FROM DR. NAIDOO:

CLICK OR SCAN

TRACK YOUR PROGRESS EACH DAY

(log each color & plant, plus any food or behavior that impacted your mind & mood)

TUES, SEPT 2

5 COLORS / PLANT FOODS

NOTES

WED, SEPT 3

5 COLORS / PLANT FOODS

NOTES

THURS, SEPT 4

5 COLORS / PLANT FOODS

NOTES

FRI, SEPT 5

5 COLORS / PLANT FOODS

NOTES

SAT, SEPT 6

5 COLORS / PLANT FOODS

NOTES

SUN, SEPT 7

5 COLORS / PLANT FOODS

NOTES

Begin gradually increasing your intake of fiber to reach the daily recommended amount.

Why? Although we don't digest fiber ourselves—since it passes through our digestive system largely intact—fiber serves as one of the most valuable prebiotics. It feeds the beneficial bacteria in your gut, providing their favorite fuel to promote a healthy and balanced microbiome.

HOW MUCH FIBER DO WE NEED EACH DAY?

Women 50 or Younger:
25 grams

Men 50 or Younger:
38 grams

Women 51 or Older:
21 grams

Men 51 or Older:
30 grams

LOG HOW YOU ARE FEELING, NOTE ANY CHANGES SINCE WEEK 1

(click or tap to place an X on each spectrum below)

MOOD



ENERGY



STRESS



ANXIETY



FOCUS



PRODUCTIVITY



VISIT OUR WEBSITE FOR LIFE ALIVE'S FIBER-RICH
MEAL OPTIONS & RECIPES FROM DR. NAIDOO:

CLICK OR SCAN

TRACK YOUR PROGRESS EACH DAY

(log the grams of fiber you eat each day, noting any foods that impact your gut or mood)

MON, SEPT 8

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

TUES, SEPT 9

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

WED, SEPT 10

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

THURS, SEPT 11

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

FRI, SEPT 12

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

SAT, SEPT 13

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

SUN, SEPT 14

GRAMS OF FIBER

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL

NOTES

DR. NAIDOO'S TIPS FOR INCREASING YOUR FIBER INTAKE GRADUALLY:

- Start slowly—fiber fermentation can initially cause more hydrogen & methane gas than the gut is used to handling.
- Add one or two servings daily, then increase gradually as your gut adjusts.
- Drink plenty of water to help fiber move through your system.
- Listen to your body—slow down if symptoms feel too strong.



LIFESTYLE FACTORS THAT CAN
POSITIVELY IMPACT MIND & MOOD

MIND &
MOOD
BOOSTERS

DAILY
MOVEMENT

CONSISTENT
SLEEP
PATTERN

GRATITUDE
PRACTICE

BALANCED MEALS
& SNACKS
THROUGHOUT
THE DAY

SUNLIGHT &
TIME IN NATURE

BREATHWORK,
MEDITATION OR
JOURNALING

SOCIAL
CONNECTION

HYDRATE,
HYDRATE,
HYDRATE

**LIFESTYLE FACTORS THAT CAN
NEGATIVELY IMPACT MIND & MOOD**

**MIND &
MOOD
DEPLETORS**

**SITTING
ALL DAY**

**SCREEN
TIME
BEFORE BED**

**REFINED
CARBS &
UNHEALTHY
FATS**

**HIGH SUGAR
INTAKE**

**SKIPPING
MEALS**

**CHRONIC
STRESS**

**PROCESSED
FOOD &
ARTIFICIAL
SWEETENERS**

**RELYING TOO
HEAVILY ON
CAFFEINE OR
ENERGY DRINKS**

Focus on prioritizing omega-3 fatty acids.

Why? Humans should be eating a ratio close to 1:1 to 4:1 omega-6 to omega-3 but the typical Western diet has a ratio of 15:1 to 20:1, largely due to a high consumption of processed seed oils (soy, corn, sunflower) and a low intake of omega-3-rich foods. High omega-6 intake without enough omega-3s can tilt the balance toward a pro-inflammatory state.

OMEGA-3 SOURCES

Plants: Avocados, seaweed, algae

Fatty fish: Salmon, mackerel, herring and sardines

Nuts and seeds: Flaxseeds, chia seeds, pumpkin seeds, cashews and walnuts

Plant Oil: Avocado oil, olive oil and flaxseed oil

LOG HOW YOU ARE FEELING, NOTE ANY CHANGES SINCE WEEK 2

(click or tap to place an X on each spectrum below)

MOOD



ENERGY



STRESS



ANXIETY



FOCUS



PRODUCTIVITY



VISIT OUR WEBSITE FOR LIFE ALIVE'S OMEGA-3-RICH
MEAL OPTIONS & RECIPES FROM DR. NAIDOO:

CLICK OR SCAN

NEXT, TRACK YOUR PROGRESS EACH DAY

(log the omega-3-rich foods you eat, noting any that impact your gut or mood)

MON, SEPT 15

OMEGA-3-RICH FOODS

NOTES

TUES, SEPT 16

OMEGA-3-RICH FOODS

NOTES

WED, SEPT 17

OMEGA-3-RICH FOODS

NOTES

THURS, SEPT 18

OMEGA-3-RICH FOODS

NOTES

FRI, SEPT 19

OMEGA-3-RICH FOODS

NOTES

SAT, SEPT 20

OMEGA-3-RICH FOODS

NOTES

SUN, SEPT 21

OMEGA-3-RICH FOODS

NOTES

WAIT...ARE OMEGA-6 FATTY ACIDS, LIKE SEED OILS, BAD FOR ME?

THE ANSWER IS “NO,” BUT IT’S NUANCED:

- Omega-6s are essential nutrients needed for proper brain function and metabolism.
- Processing Matters: Minimally processed oils retain more beneficial nutrients and antioxidants than highly refined oils.
- Balance Matters: Seed oils in moderate amounts as part of a healthy overall diet can support your wellbeing when balanced with an adequate amount of omega-3s.



Incorporate at least one fermented food per day.

Why? Fermented foods introduce beneficial probiotics that help maintain a healthy, diverse gut microbiome, reducing inflammation and promoting smooth communication between your gut and brain. New to fermented foods? Dr. Naidoo suggests starting slowly—add them to one meal every few days for the first 3-4 days, then work up to daily if you’re feeling good.

FERMENTED FOODS

Dairy: Yogurt, kefir, aged cheeses, buttermilk

Vegetables: Sauerkraut, kimchi, pickles, olives

Soy: Miso, tempeh

Grains: Sourdough bread, kombucha, vinegar

LOG HOW YOU ARE FEELING, NOTE ANY CHANGES SINCE WEEK 3

(click or tap to place an X on each spectrum below)

MOOD



ENERGY



STRESS



ANXIETY



FOCUS



PRODUCTIVITY



VISIT OUR WEBSITE FOR LIFE ALIVE MEALS & RECIPES
FROM DR. NAIDOO HIGHLIGHTING FERMENTED FOODS:

CLICK OR SCAN

NEXT, TRACK YOUR PROGRESS EACH DAY

(log the fermented foods you eat each day, noting any foods that impact your gut or mood)

MON, SEPT 22

FERMENTED FOODS

NOTES

TUES, SEPT 23

FERMENTED FOODS

NOTES

WED, SEPT 24

FERMENTED FOODS

NOTES

THURS, SEPT 25

FERMENTED FOODS

NOTES

FRI, SEPT 26

FERMENTED FOODS

NOTES

SAT, SEPT 27

FERMENTED FOODS

NOTES

SUN, SEPT 28

FERMENTED FOODS

NOTES

FERMENTED FOODS ARE A GUT GAME-CHANGER

Stanford researchers discovered that just 10 weeks of fermented foods supercharge your microbiome diversity and boost immune function.

Bonus: They also reduce chronic inflammation—a major contributor to diseases like anxiety, depression, diabetes and heart disease.



A NOTE FROM DR. NAIDOO ON HOW YOU'LL FEEL DURING THIS MONTH-LONG CHALLENGE



You may expect that adding more colors, fiber, omega-3s and fermented foods to your diet will make you feel immediately happier, lighter and less bloated.

In reality, it's more like introducing new roommates to your gut microbiome. There's a brief adjustment period—sometimes with a little extra digestive noise—before everyone settles in.

The bottom line? These temporary changes are normal and a sign that your gut is adjusting in a healthy way. Stick with it, go slowly and your body will thank you in the long run.

AN IMPORTANT NOTE

If you have a gut condition like IBS, IBC, SIBO, Crohn's or ulcerative colitis, consult your healthcare provider—you may take this even more slowly to see how your gut adapts.

The information provided during this challenge is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.

DAY 2



You may feel more satisfied after meals with fewer cravings for sweets or fried foods.

A watch-out: you could also notice mild bloating or gas as you adjust to the new foods you're eating. These symptoms are temporary and show your gut microbiome is adapting in a healthy way.

DAY 7



Most digestive symptoms subside as your gut adapts. You may notice more stable energy, better sleep and improved mood as beneficial bacteria in the gut microbiome increase. Many also notice better alertness and contentment.

DAY 30
& BEYOND



By day 30, beneficial shifts in your gut microbiome start to unlock lasting energy, better mood and enhanced mental clarity. You may experience decreased stress and supercharged motivation.

Consistent omega-3 consumption actively protects your heart and brain, which may improve blood pressure.

And overall, you're likely to experience a confidence boost in your personal health status and healthy eating habits.



**ALL SEPTEMBER, GET WEEKLY
MOOD-BOOSTING TIPS, RECIPES
AND LIVE EVENT INVITES:**

1) IN YOUR INBOX

2) ON SOCIALS @LIFEALIVECAFE