

# 5 MOOD BOOSTING FOODS

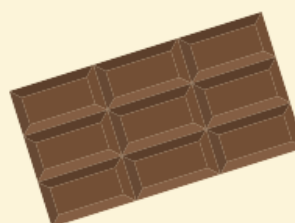


## FISH

Fish contains omega-3 fatty acids, which can help combat mood disorders. Fish that contain a high level of these fatty acids include: salmon, tuna, sardines, etc.

## DARK CHOCOLATE

Organic dark chocolate with a high percentage of cocoa can help elevate mood. Limit your intake to a few ounces per day.



## NUTS

Incorporating 1 ounce of nuts a day into your diet can positively impact your mood. Nuts contain omega-3 fatty acids and are also a great source of fiber.

## FRUIT

Fruit contains vitamins and minerals that can help lower the risk of depression. Try to eat at least 1 1/2 - 2 cups of mixed fruit each day.



## SMART CARBS

Carbohydrates are known to increase serotonin levels in the brain. Eating smart carbs such as whole grains and vegetables can help elevate your mood.

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