

Good Mood Foods

Protein & Whole Grains

Getting protein and whole grains at every meal supports your body's ability to make serotonin, a brain chemical responsible for better sleep, real satisfaction, less anxiety, and an overall feeling of calmness.



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Fruits and Vegetables

Full of nutrients to fight inflammation and protect the brain, fruits and vegetables are linked to more happiness and better health overall.



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Healthy Fats

Low omega-3 levels have been linked to depression and impulsivity. Getting plenty in your diet from sources like fish and nuts helps keep your levels high.



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Dark Chocolate

As a special treat, dark chocolate has properties that improve mood and reduce tension.



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