

Food & Mood

People often eat to relieve feelings of anxiety or stress without realizing their dietary choices actually result in greater fatigue, stress, and mood imbalance over the long term. Diet is playing an increasing role in mental health and overall well-being of individuals.

~ 90%

of serotonin is found in the digestive tract and blood platelets



Focus on including whole grains, fruits, vegetables, and legumes into your diet to boost your mood!

Foods with Probiotics

- Yogurt
- Kefir
- Sauerkraut
- Tempeh
- Kimchi
- Kombucha



EPA & DHA

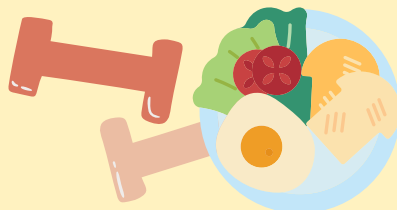
(Omega-3 Fatty Acids)

Low levels have been linked with higher risk of social anxiety, postpartum depression, and other depressive disorders



Healthy

behaviors, such as exercising and eating breakfast, are linked to improving mood, increasing energy, and decreasing risk for depression



Vitamin D

increases serotonin in the brain and can be found in fatty fish, fortified foods, liver, cheese, and egg yolks

