



MOOD BOOSTING FOODS

Selenium

Vitamin D

Omega 3s

Fiber

Folate

Magnesium

B Vitamins

Calcium

Cocoa Polyphenols

Zinc

Vitamin E

Tryptophan

Fermented Foods

Brazil Nuts

Eggs

Wild Salmon

Beans

Beets

Pumpkin Seeds

Spinach

Broccoli

Dark Chocolate

Oysters

Walnuts

Oats

Sauerkraut