FEEL GOOD FOODS
WHAT TO EAT TO BOOST YOUR MOOD!

TRYPTOPHAN RICH FOODS
- Chickpeas, Lentils, Beans, Tofu
- Nuts & Seeds
- Chicken, Turkey, Beef, Fish
- Cheese & Eggs

B-VITAMINS
VITAMIN B12
- Beef, Tuna, Salmon
- Whole Milk

FOLATE/VITAMIN B9
- Spinach, Asparagus
- Brussel’s Sprouts, Avocado
- Peas, Lentils, Edamame

VITAMIN B6
- Liver, Fish, Salmon
- Chickpeas, Beans
- Potatoes

COMPLEX CARBOHYDRATES
- Whole Grains
- Vegetable & Fruit
- Beans, Lentils, Peas

VITAMIN D
- Milk, Egg Yolks
- Fish, Cod Liver Oil
- Mushrooms

HEALTHY FATS
- Wild Salmon, Trout
- Sardines, Herring
- Walnuts & Other Nuts
- Hemp, Flax, Chia Seeds
- Olives & Olive Oil
- Avocado

MAGNESIUM
- Spinach
- Pumpkin Seeds, Nuts
- Tofu, Black Beans

ANTI-INFLAMMATORY FOODS
- Wild Salmon, Fatty Fish
- Vegetables & Fruit
- Nuts & Seeds
- Beans & Lentils
- Whole Grains
- Herbs & Spices

PREBIOTICS & PROBIOTICS
- Yogurt, Kefir, Kombucha
- Sauerkraut, Kimchi
- Miso, Tempeh, Natto
- Apples, Kiwi, Green Bananas
- Asparagus, Garlic, Leeks
- Buckwheat, Oats, Bran
- Almonds, Soybeans, Lentils

FOR MORE INFO + MOOD BOOSTING RECIPES
VISIT EA STEWART at WWW.EASTEWART.COM