

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

COMPLEX CARBOHYDRATES

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

HEALTHY FATS

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



ANTI-INFLAMMATORY FOODS

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

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

VITAMIN D

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

MAGNESIUM

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

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