

# Top 10 foods to boost your mood:



## Apples

They're an excellent source of a plant chemical known as "quercetin." Found only in plant foods, quercetin can increase mood-boosting chemicals like serotonin and dopamine in the brain.<sup>1</sup>



## Salmon

It's packed with brain-protecting Omega-3 fatty acids. Not getting enough Omega-3s is linked to depression and impulsivity. Extra Omega-3s may actually boost the effectiveness of psychotherapy for people in treatment for depression.<sup>3</sup>



## Garlic & onions

They don't just offer a wallop of flavor. They also serve as "prebiotics" for gut health. Scientists keep finding more ways a healthy gut can regulate mood. Forget wimpy powder. Chop or mince the real thing!<sup>2</sup>



## Green tea

It's not just the moderate amount of caffeine in green tea. Another chemical known as L-theanine supports relaxation and calm while taking the edge off of the caffeine effect.<sup>4</sup>



## Old-fashioned oats

When you eat lots of fiber (think whole grains and vegetables), your body produces by-products that help to reduce inflammation—and the risk of anxiety and depression.<sup>2</sup>



## Yogurt

There's a double whammy with this fermented food, as long as you avoid the sugar-sweetened versions. Live cultures of helpful bacteria support a healthy gut-brain connection. Plus, the vitamin D prevents inflammation, which raises the risk of anxiety and depression.<sup>5</sup>



## Kimchi

This spicy pickled cabbage is known as a "functional food." That is, it has health benefits beyond basic nutrition. More research is needed, but fermented foods seem to support a healthy gut, reducing behaviors associated with anxiety and depression.<sup>6</sup>



## Chickpeas

You may know them as garbanzo beans. Either way, they're a great protein source for people looking for the brain-boosting benefits of a plant-based diet. They also provide B vitamins, which support brain cell function.<sup>8</sup>



## Blueberries

If you're looking for cell-supporting antioxidants, these tasty berries are one of the richest sources. Plus, a bowlful tastes like dessert, which may help curb your cravings for energy zapping sugar.<sup>9</sup>



## Kale

Leafy greens like kale are an excellent source of tryptophan. The brain uses tryptophan to produce serotonin, the neurotransmitter largely responsible for feelings of happiness and well-being.<sup>7</sup>



## BONUS: Chocolate

As a special treat, chocolate may have properties that improve mood and reduce tension. But remember, the key is to choose real chocolate (dark is best), and in moderation.<sup>11</sup>