



# 10 Great Mood Boosting Foods

Some foods buffer your body against the effects of stress while others contribute to it. Here is a list of 10 foods that may help prevent emotional eating and soothe your mood.



## 1. Dark Chocolate:

Contains flavonoids and helps release mood boosting chemicals such as dopamine.

## 2. Oatmeal:

The fiber will keep you feeling full for a long period of time and helps regulate your blood sugar. Complex carbs are involved in the release of serotonin which produces a sense of calmness.



## 3. Oranges

Oranges are high in vitamin C which boosts the immune system and reduces cortisol levels.

## 4. Spinach

Spinach is high in magnesium—which plays a key role in regulating and lowering blood pressure naturally (blood pressure is often raised by stress!)



## 5. Skim Milk

Skim Milk helps to reduce stress-related PMS symptoms and also produces a calming sensation.

## 6. Salmon Food

Salmon contains Omega-3 helps reduce inflammation and pain.



## 7. Black Tea

Black Tea naturally reduces cortisol levels, the stress hormone that makes you crave sugary, fatty foods.

## 8. Avocados

Avocados contain healthy fats which keeps you more satisfied and helps regulate nerve communication, which makes you think clearer.



## 9. Almonds

Almonds have Vitamin E to boost the immune system and well as B Vitamins. Both nutrients can make you more resilient to stress.

## 10. Pistachios

Pistachios are the lowest fat and calorie nut. They help to keep your blood sugar regulated and your mood stable.



*Today's Motto: "Eat foods that enhance your mood."*

