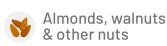
FEEL GOOD **FOODS**

FOODS THAT CAN LEAD TO HIGHER SEROTONIN LEVELS



Cheeses does not include cheese products"

Chicken, turkey, and other poultry

Eggs

Leafy greens



Mushrooms



Pumpkin, chia, and other seeds



Salmon



Spinach



Tofu, soy milk, and other soy products

FOODS THAT CAN LEAD TO HIGHER DOPAMINE LEVELS

Almonds, peanuts and other nuts

Apples

Avocados

赵 Bananas

🙀 Beans

Beets

Cheeses does not include cheese products"

Chicken, turkey, and other poultry





Leafy greens



Oatmeal



Probiotic-rich foods like yogurt, sauerkraut & kefir



Sesame and pumpkin seeds



Tofu and other soy products



Watermelon

THE FOOD & MOOD JOURNEY

