




























# FEEL GOOD FOODS

## FOODS THAT CAN LEAD TO HIGHER SEROTONIN LEVELS

- |  |  |
|--|--|
|  Almonds, walnuts & other nuts                             |  Mushrooms                                |
|  Cheeses <small>does not include "cheese products"</small> |  Pumpkin, chia, and other seeds           |
|  Chicken, turkey, and other poultry                       |  Salmon                                  |
|  Eggs  |  Spinach                                |
|  Leafy greens  |  Tofu, soy milk, and other soy products |

## FOODS THAT CAN LEAD TO HIGHER DOPAMINE LEVELS

- |  |  |
|--|--|
|  Almonds, peanuts and other nuts                           |  Coffee   |
|  Apples  |  Leafy greens   |
|  Avocados  |  Oatmeal  |
|  Bananas   |  Probiotic-rich foods like yogurt, sauerkraut & kefir |
|  Beans   |  Sesame and pumpkin seeds                             |
|  Beets   |  Tofu and other soy products                          |
|  Cheeses <small>does not include "cheese products"</small> |  Watermelon   |
|  Chicken, turkey, and other poultry                        |  |

THE FOOD & MOOD JOURNEY

