

USING FOOD FOR A BETTER MOOD: TYPES AND EXAMPLES

01



Probiotics

1. Yogurt
2. Kiefer
3. Kombucha
4. Kimchi
5. Sauerkraut
6. Other fermented foods

02



Prebiotics

1. Garlic & onions
2. Bananas
3. Barley
4. Oats
5. Apples
6. Wheat bran
7. Many other fresh fruits, veggies & grains

03



Insoluble Fiber

1. Nuts
2. Beans
3. Whole grains
4. Fruits & Veggies

04



Soluble Fiber

1. Beans and peas
2. Oats
3. Apples
4. Carrots
5. Barley

05



Exercise

1. Fresh air
2. Movement

06



Destress

1. Try meditating
2. Practice gentle yoga
3. Take a walk
4. Listen to calming music

