

Mood Boosting Foods



Try these foods to get a boost throughout your day!



Foods high in vitamin D

- Mushrooms, egg yolks, salmon, and red meats are rich in vitamin D. Low levels of vitamin D have been associated with more anxiety and depression.



Foods high in vitamin C

- Citrus fruits (oranges, lemons, etc.), kiwi, broccoli, and bell peppers may help boost your immune system and your mood.



Foods high in lean protein

- Chicken, turkey, beef, and eggs are all high in protein. High protein foods are linked to higher levels of dopamine and norepinephrine, which boost mood, motivation, and concentration.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.