

7 FOODS TO BOOST YOUR MOOD



Sea Vegetables

Helps depression, ADHD, and improves brain function



Omega 3 fatty acids
(including EPA and DHA)

Vegetarians will need to supplement their omega intake

250 mg - 500 mg
of combined EPA and DHA per day

Beef

Increases serotonin



Tryptophan

65g-100g
per week



Pumpkin Seeds

Help relieve anxiety, muscle relaxation



Magnesium

1/4 cup

= 47% of daily recommended magnesium

Salmon

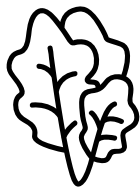
Helps with Seasonal Affective Disorder



Vitamin D

4 oz

no more than twice a week due to heavy metals in fish



Spinach

Fights depression; helps prevent and reduce neurological issues



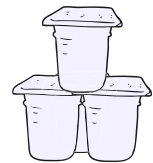
Vitamin B
(excluding B12)

1 cup

= about 25% of your B vitamin needs (excluding B12)

Grass-Fed Yogurt

Improves digestion, immunity, and cognitive function



Healthy Gut Bacteria

1,000,000

living bacteria per gram of yogurt



Green Tea

Relaxation without drowsiness



L-Theanine

1-2 cups

to feel relaxation benefits



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