

Foods that Boost your Mood & Increase Happiness

Overall whole foods that are not processed will be richer and will improve your overall gut microbes. (Think not in a bag or a box!) Our gut is filled with Serotonin receptors and Serotonin is our mood booster! Here are some easy ways to get started.

YES

- ✓ Lean meats like fish, poultry, eggs, legumes and small amounts of grass fed beef. Fish like salmon and tuna are high in Omega-3 too! When choosing poultry choose no skin and white meat over dark meat.(3 servings of fish per week) (Egg whites unlimited but yolk in moderation)
- ✓ Olive oils (1 tbsp per day- no more than 4 tbsp per day)and foods rich in unsaturated fats. Nuts like almonds, hazelnuts & walnuts are best! At least 3 servings per week (1 serving=1 oz or 1/4 cup or 2 tbsp of nut butter)
- ✓ Fresh whole fruits and vegetables: examples: strawberries, kiwi and brocolli Goal: 2-3 servings per day of both fruits & vegetables. Eat one with each meal or eat as a snack. (1 serving is 1/2 to 1 cup)
- ✓ Legumes/ Beans & Lentils Add them to salads and eat in foods like hummus. (3 servings per week. 1 serving=1/2 cup)

NO

- ✗ Meats high in saturated fats or cuts that are very fatty. Avoid eating the skin on poultry and dark meats
- ✗ Butter and oils high in saturated fats.
- ✗ Dried fruits covered in sugar or canned fruits in sugary juice.
- ✗ Full fat dairy. Avoid creams or creamy sauces and choose milk that is fat-free or 1% fat. Limit dairy to 3 servings per week.
- ✗ Red meats high in fat: Choose sirloin, tenderloin & flank steak. Limit to 1 serving per week (approx 3 oz)
- ✗ Commercial Baked goods. Make your own desserts and substitute bleached flour for whole grain flour and substitute solid fats with liquid oils like canola.