



# FOODS to improve your mood

A study shows that people who eat 7 servings of fruits and vegetables a day rank highest in happiness and mental health

## Stressed?

Chocolate may help to reduce the stress hormones that are swimming in your body

## Sluggish?

Eating folic rich foods like spinach may improve concentration

## Irritable?

Butter is better than margarine, which has been found to lead to impatience, aggression, and irritability

## Sad?

Pecans, pumpkin seeds, wild salmon, soybeans, cashews, and bananas may prevent depression

