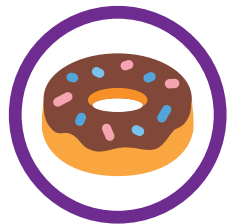
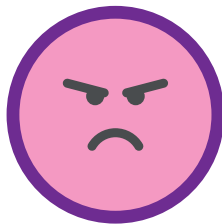
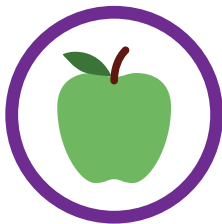
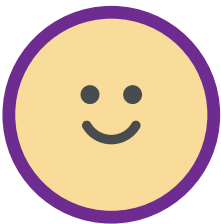


FOOD — AND — MOOD

Feeling low or a bit weepy? Why not try to combat negative feelings that can have a detrimental effect on our wellbeing with certain foods?



Take a look overleaf at our handy table

FEELINGS	WHAT YOU MAY BE LOW IN	HAD TOO MUCH OF	FOODS TO HELP COMBAT THESE FEELINGS
LETHARGIC	Iron	Processed Foods, Fast Food, High GI Foods	Fruit & Veg, Complex Carbs, Nuts & Seeds, Lean Proteins, Unprocessed Foods
ANGRY	Vitamin B, E & C, Zinc, Calcium	Sugar, Caffeine, Alcohol, Wheat, Milk, MSG, Artificial Sweeteners	Fish, Poultry, Milk, Spinach, Honey, Coconut, Nuts & Seeds
IRRITABLE	Vitamin B's	Caffeine, Processed Food, Saturated Fats	Green Tea, Fruit, Nuts & Seeds, Leafy Greens
SAD	Vitamin B's	Processed Foods, Refined Sugar, Hydrogenated Oils, Fried Foods, Artificial Sweeteners	Walnuts, Potatoes, Leafy Greens, Chicken, Eggs, Bananas, Fish
DEPRESSED	Folic Acid, Omega 3 Fatty Acids	Refined Sugars, Processed Foods, Artificial Sweeteners, Alcohol, Fried Foods, Caffeine	Cashew Nuts, Walnuts, Dark Leafy Greens, Berries, Mushrooms, Fresh Fruit & Veg, Nuts & Seeds
STRESSED	Vitamin B, Folate and Tyrosine, Magnesium	Caffeine, Meat, Alcohol, Fast Food	Almonds, Swiss Chard (Leafy Greens), Avocados, Berries, Cashews, Oats, Green Tea, Fresh Fruit & Veg
ANXIOUS	Zinc	Caffeine, Diet Sodas, Alcohol, Artificial Sweeteners, Processed Foods with Additives	Pumpkin Seeds, Camomile Tea, Wholegrains, Blueberries, Acai Berries, Almonds, Dark Chocolate
DEMOTIVATED	Vitamin B & D	Fast Food, Processed Food, High Amounts of Artificial Additives	Blueberries, Leafy Greens, Beetroot, Carrots, Brazil Nuts, Grapefruit, Ginger

References

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