

Foods to Support Mood



Awakened Taste

Wake up and feel your power!

The food we eat has an impact on our thoughts. When we fill our diet with fast food, sugary drinks, and processed junk, we deprive the brain of critical nutrients needed for the production of mood-regulating neurotransmitters and endorphins. Here are the top ten foods to help your brain stay happy!

Essential omega-3 fatty acids, EPA and DHA: cold water fish (salmon, sardines, cod, halibut), pasture-raised eggs, 100% grass-fed beef 100% grass-fed dairy (if tolerated).

Vitamin C: organic bell peppers, organic papaya, broccoli, Brussels sprouts, and organic strawberries, pineapple, oranges, and kiwifruit.

Vitamin B1: sunflower seeds, navy beans, black beans, parley, dried peas, green peas, lentils and other beans.

Vitamin B2: Organic soy beans*, spinach, beet greens, yogurt, crimini mushrooms, and eggs.

Vitamin B6: Tuna, turkey, grass-fed beef, pasture raised chicken and turkey, salmon, sweet potatoes, potatoes, sunflower seeds, spinach, bananas. B6 is found in higher concentrations in animal sources.

Vitamin B12: sardines, salmon, tuna, cod, lamb, scallops, shrimp, grass-fed beef and dairy.



Selenium: tuna, shrimp, sardines, salmon, pasture-raised chicken and turkey, lamb, brazil nuts

SAMe (S-adenosyl-L-methionine): animal protein, fermented soy*.

Other important amino acids: animal protein, fermented soy*.

Choline: eggs, sunflowers, fermented soy*, grass-fed butter

Probiotics: sauerkraut, kimchi, keifer, yogurt, kombucha, supplements, dirt from organic vegetables.

Need an extra boost? Find great deals on these supplements at [NP.Script](#). When signing up, use registration code supplements101.

***Note on soy:** choose fermented sources of soy for best nutritional benefits, such as miso or tempeh. Choose ORGANIC soy only to avoid GMOs and consume in moderation (1-2 times per week).