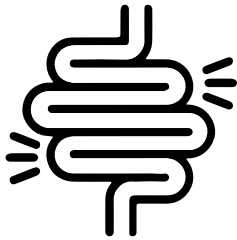


Boost your mood with our good food menu...

Get gut happy!

Since up to 90% of your body's serotonin is produced in your gut, a healthy gut may correspond to a good mood. Try to eat more yoghurt & fibre & less red meat & processed food.



Eat the rainbow

Eating a variety of fruits and vegetables is associated with a lower risk of depression.

**International Day of Happiness
20th March**

Mellors
**FOOD
HAPPY**

Nuts & Seeds



Nuts and seeds are packed with nutrients that are beneficial for mood, including protein, healthy fats, fibre, and tryptophan.

Serious about cereal



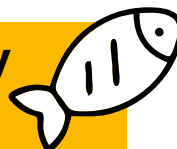
Whole-grain cereal is a good source of complex carbohydrates, which provide sustained energy and help to stabilize blood sugar levels.

Egg-cellent eggs



Packed with protein, eggs are also a good source of choline and vitamin B12, which are both essential for brain health and mood regulation.

Fatty Fish



Salmon, tuna, mackerel, sardines, and anchovies are all rich in omega-3 fatty acids, which have been shown to improve mood and reduce the risk of depression.

Go Bananas



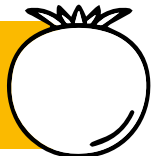
Bananas are a good source of vitamin B6, which is involved in the production of serotonin, a neurotransmitter that helps to regulate mood.

Pepper Power



Red bell peppers actually pack more Vitamin C than an orange. These nutrient-dense vegetables contain many vitamins & nutrients to improve your mood.

Terrific Tomatoes



Tomatoes are high in mood enhancers like folate and magnesium, both used to treat depression. They contain iron, tryptophan and vitamin B6 - the main ingredients needed by your brain to produce important mood-regulating neurotransmitters.

