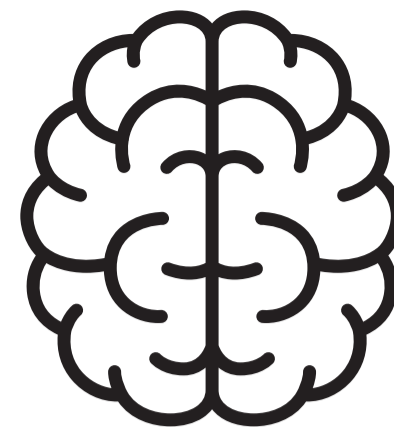


Boost your brain with our good mood food menu...

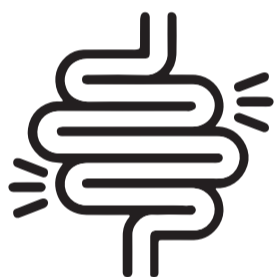


Eat fresh

High-fat, high-sugar and highly processed foods can make you hyperactive, irritable and moody. Eat freshly prepared, fulfilling food with *Mellors* & keep your mood and stress levels regular!

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.



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.

Berry good!



Blueberries are brilliant brain food! Packed with antioxidants, blueberries boost blood flow, memory & cognitive function in your brain!

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.

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.

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.

Pepper Power



Red bell peppers actually pack more Vitamin C than an orange! Vit C is said to be useful in managing anxiety and stress. Other sources include oranges and broccoli!

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.

Eat the rainbow

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

