

TOP 10 HAPPY FOODS



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Table Of Contents

01

The List

02

Greens Carrots Avocados

03


Meat Fish Eggs

04

Bananas Dark Chocolate

05

Pickles Oysters



Here is your "NO KIDDING AROUND LET'S GET STRAIGHT TO IT" list of foods that help ease Depression.

1. Greens
2. Carrots
3. Avocados
4. Turkey
5. Tuna
6. Eggs
7. Bananas
8. Dark Chocolate
9. Pickles
10. Oysters

Now if you want to know what they provide, read on. If not just eat these foods and be happy!



Greens Carrots Avocados

GREENS=Folate(Vitamin B)

Types of greens to eat: Spinach, Kale, Mustard greens, and Swiss chard are best.

CARROTS=Carotenoids(Antioxidants)

Other alternatives: Squash and Sweet potatoes

AVOCADOS=Omega 3 fats

Other alternatives: Nuts and Olive oil

Meat Fish Eggs

MEAT FISH EGGS

TURKEY=Tryptophan(Amino Acid) (Serotonin)

Alternatives: Seeds and Dairy

FISH=Vitamin D(Serotonin)

Best picks: Salmon and Tuna

EGGS=Protein(Energy)



BANANAS

BANANAS=Tyrosine(Dopamine Hormone)

Alternative: Almonds

DARK CHOCOLATE

DARK CHOCOLATE=Flavonoids

Alternatives: Apples, Blueberries, and Onions





PICKLES OYSTERS

PICKLES=Probiotic(Fermentation)

Alternatives: Sauerkraut, Yogurt, Kimchi

Oysters=Zinc

Now it's up to you. How you mix and match these simple foods is the fun part!

Foods that help you when you have Depression,(or are just feeling down with the blues) are a small way to feel better. The elements in these foods have been shown to help develop Serotonin and Dopamine in the brain. (Two major deficiencies in people with Depression)

EAT and ENJOY!



Thank You