

FOODS THAT EFFECT YOUR MOOD...

|  FOODS THAT CAN MAKE YOU HAPPY | FOODS THAT CAN MAKE YOU DEPRESSED  |
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|  TOMATOES |  CAKE |
|  ASPARAGUS |  FAST FOOD BURGER |
|  CHIA SEEDS |  BURGER KING HASH BROWNS |
|  SWISS CHARD |  COTTON CANDY |
|  BLUEBERRIES |  SUGARY CEREALS |
|  COCONUTS |  COCA COLA |
|  SPINACH |  FRENCH FRIES |
|  WALNUTS |  HARD LIQUER |
|  AVOCADO | |
|  RAW CACAO | |
|  GRAPEFRUIT | |

FOOD FOR THOUGHT...