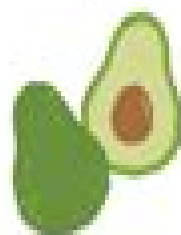


# 15 Mood-Boosting Foods to Uplight Your Days

## Good Mood Foods



Apples



Avocados



Bell Peppers



Carrots



Chickpeas



Dark Chocolate



Green Tea



Kimchi



Lentils



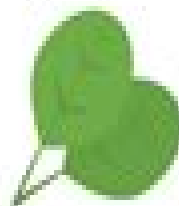
Olives & Olive Oil



Pumpkin Seeds



Salmon



Spinach



Strawberries



Zucchini

# Mood Food

**Ian Pickup**



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