



Top 6 Mood-Boosting Foods



Avocado helps with the production of dopamine and supports overall brain function.



A few walnuts a day improves mood and reduces depression.



Bananas are a source of Vitamin D and are associated with better moods.



Dark chocolate increases calmness and lifts moods.



Pumpkin seeds help with the production of relaxer minerals.



Eggs help with the production of serotonin and dopamine.