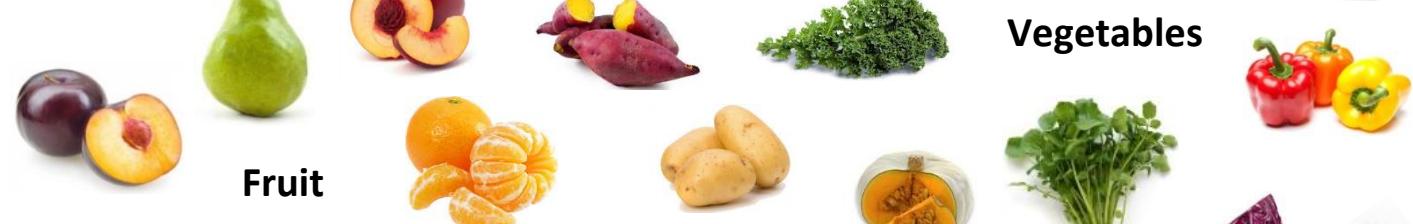


Food for your mood

Choosing the best foods to keep you in a great mood



Vegetables



Fruit



Whole grains



CHOOSE
MORE



Nuts,
Legumes
& Oils



Lean meat



Seafood

Low fat dairy



EAT LEAST

