











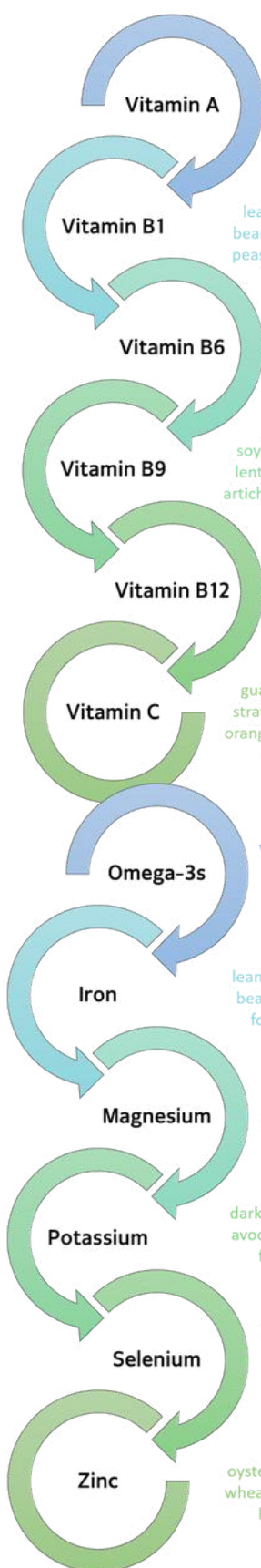


TOP MOOD-BOOSTING NUTRIENTS

How much?

900 mcg RAE		700-1300 mcg RAE
1.2 mg		1.1-1.4 mg
1.7 mg		1.7-2.0 mg
400 mcg		400-600 mcg
2.4 mcg		2.4-2.8 mcg
90 mg		75-120 mg
3000 mg EPA, DHA		3000 mg EPA, DHA
8 mg		18-27 mg
420 mg		320-360 mg
4700 mg		4700-5100 mg
55 mcg		55-70 mcg
11 mg		8-12 mg



Vitamin A
sweet potatoes, carrots, winter squashes, dark leafy greens, cantaloupe, lettuce, bell peppers, broccoli, grapefruit

Vitamin B1
lean meats, fish, flax seeds, beans, tofu, brown rice, green peas, acorn squash, asparagus

Vitamin B6
lean meats, fish, tofu, chickpeas, sweet potatoes, avocados

Vitamin B9
soybeans and tofu, beans, lentils, asparagus, spinach, artichokes, broccoli, avocados

Vitamin B12
lean meats, fish, eggs, dairy, fortified tofu and cereals, nutritional yeast

Vitamin C
guavas, bell peppers, kiwifruit, strawberries, papaya, pineapple, oranges, broccoli, brussels sprouts, cabbage, tomatoes, kale

Omega-3s
walnuts, chia seeds, flax seeds, fish, fish oil or seaweed-based supplements

Iron
lean meats, fish, nuts and seeds, beans, dark chocolate, spinach, fortified breads and cereals

Magnesium
spinach, swiss chard, pumpkin seeds, beans, tuna, brown rice, almonds, dark chocolate, avocados, non-fat yogurt, bananas

Potassium
dark leafy greens, fish, beans, avocados, acorn squash, low-fat dairy, mushrooms, bananas

Selenium
brazil nuts, tofu, whole grains, mushrooms, seeds (e.g. sunflower, chia, flax), oysters, fish, lean turkey and chicken

Zinc
oysters, tofu, fortified cereals, wheat germ, chickpeas, lentils, hemp seeds, oatmeal

