



Mood-boosting foods

A healthy diet can have an effect on your brain. It can actually make you feel happy.

Eat plenty of foods with omega-3 fats. These heart-healthy fats are found in fish, flaxseeds and walnuts, and may help reduce the risk of developing depression.

Focus on the Mediterranean Diet. This diet includes lots of plant-based foods like fruits and vegetables, as well as olive oil, whole grains, fish, poultry, eggs and beans.

Source: American Heart Association