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Tips for Wellbeing Series – No 12

Good Eating Habits

Eat your way to happiness and calm: how food can help your mood

Recent scientific research has shown that what you eat can affect how you are feeling. Your brain needs dopamine and serotonin to feel calm and happy: Omega-3 oils, folate, tryptophan, protein, Vitamin D and selenium are found in food and help to produce these happy and calming chemicals. Here are some foods can help to lift low mood, calm stress and anxiety and allow your brain to function at its best:



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