

**LEARN HOW TO
INCORPORATE
MOOD FOODS
INTO
YOUR DIET
TO BOOST YOUR
MOOD AND
WORK
PRODUCTIVITY.**

MOOD & FOOD

WORKPLACE HEALTH
PROGRAM

CONTACT US

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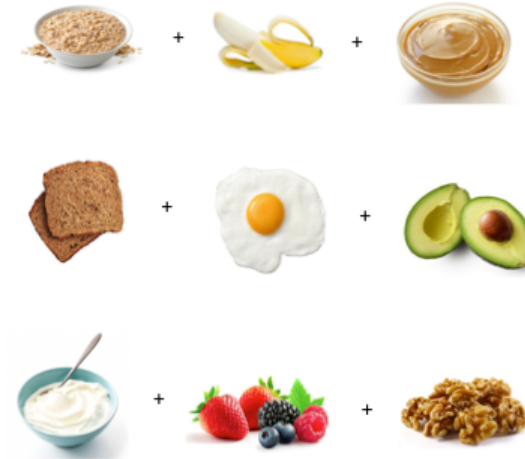
Explore the scientific
connections between the
food you eat
and your mood



BRAIN BOOSTING FOODS

- Balance blood sugar levels to provide a steady supply of energy to maintain energy, focus and your mood.
- Provide good quality protein for brain cells, neurotransmitters and energy.
- Contain vitamins, minerals and antioxidants to support neurotransmitter production, memory and protect brain cells from free radical damage.
- Contain essential healthy fats for healthy brain cell membranes and mood regulation.

BRAIN BOOSTING BREAKFAST



BRAIN BOOSTING SNACKS

