Problem: boredom, sadness, want comfort/satisfaction, difficult to decide what to eat/make

Users and their Expectations

Expectation: to get a recipe that can

Food can have an affect on mood so

different foods can affect your mood:

crash. This can lead to mood swings,

2. Serotonin levels: Serotonin is a

of depression and improved mood.

cause anxiety and jitteriness.

healthy diet that includes a variety of

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physical and mental health.

improve mood.

fatigue, and irritability.

suggesting different foods can do

comfort or satisfy them?

something

Audience: everyone

Solution: website will decide what to make for them based on their mood, mke them happy:)

based on the findings of scientific studies

that have been published in journals. These

studies have been conducted by experts in the field and have undergone rigorous review to ensure their quality and validity.

While the information I provided is a general

summary of the findings from these studies, the actual research papers may go into more detail on the specific methods and results of each study. If you're interested in learning more about the research behind the connections between diet and mood, you can search for specific studies or explore the academic journals that publish

This copy was made due to a syncing conflict

research on this topic.





