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### **Food For Mood Dietary And**

The Food and Mood Centre is committed to conducting high quality research that helps us to learn about how we might reduce risk, prevent, or even treat mental disorders through diet and nutrition.

### **MEET THE TEAM - Food and Mood Centre**

Phytoestrogens or dietary estrogens are naturally occurring compounds found in plants. Many of these plants are already part of a person's diet.

### **Phytoestrogens: Benefits, risks, and food list - Health News**

How much does the cholesterol in your food really matter? If you're like most people, you're tripped up by some fundamental questions, especially about the connection between the cholesterol you eat and that in your bloodstream.

### **How Much Does Cholesterol in Food Really Matter ...**

Food, recipes, drinks, cooking. Find different types of recipes from all over the world, cooking tips, Information about food.

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