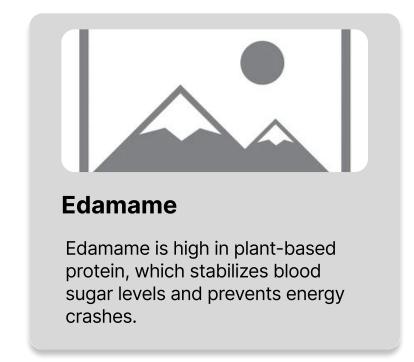




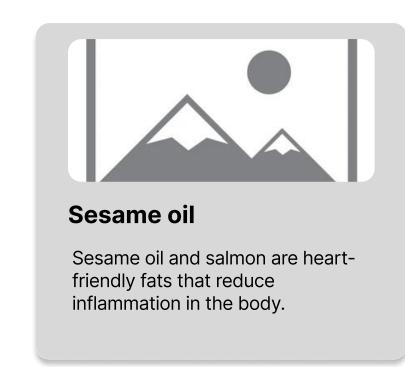
Sort by:

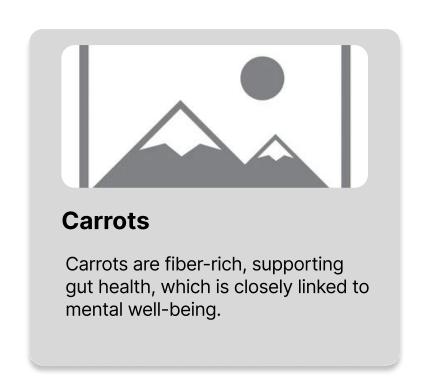












## See more about Foods & Mental Health:

## **Gut health & gut-brain connection** Learn about the intricate relationship between your gut microbiome and mental well-being. Learn more > 2

## **Foods to Ease Stress & Anxiety**

Discover dietary choices that can help manage stress and reduce anxiety

Learn more >

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## **Eating for Emotional Health**

**Understanding Emotional Eating** Explore the connection between emotions and eating habits, and learn strategies for developing a healthier relationship with food

- Identify emotional triggers
- Develop mindful eating practices
- Find alternative coping mechanisms

Learn more >

General notes on this wireframe: This page will have a dynamic content. Not only are the ingredients shown above subjected to change, depending on the ingredients utilized in a recipe, but also if the user decides to navigate to this page from the top navigation menu, its content will be an infinite scroll in ingredients, instead of just showing whatever ingredients the recipe has. Lastly, the search bar here is gone, since it's only available to the recipe related pages.

- Sort by option here is by A-Z.
- 2 Clicking here the user navigates to the gut health & gut brain connection page
- 3 Clicking here the user navigates to the Foods to Ease Stress & Anxiety page
- 4 Clicking here the user navigates to the Eating for Emotional Health page