

# "Eat Healthy & Stay Fit"



☞ Foods we eat, can influence our mood

- Whole-wheat bread, rice, cereal, rotis, parathas and fruits like banana, pear and apple. Carbohydrates stimulate the production of feel-good hormone; serotonin and you'll feel an instant lift.
- A little caffeine can be an effective antidepressant to treat mild depression. A cup or two of coffee/tea a day is safe to drink.
- Remember, too much caffeine can make you nervous, irritable and oversensitive and bring on headaches, also lead to an addiction.



**Be TUNED IN to know more.....**

For more guidance & tips email to - [food@wellnessway4u.com](mailto:food@wellnessway4u.com)