

# "Eat Healthy & Stay Fit"



☞ Foods we eat, can influence our mood

- Foods stimulate production of mood elevating hormones like serotonin, endorphin, dopamine and other neurotransmitters
- Feeling low, treat yourself to some chocolates, it boosts endorphin levels, the brain's natural happy hormones
- Protein rich foods such as fish, poultry and meat. Legumes, cheese, milk and curd are too good, if you want to feel better. The chemicals in it help boost alertness and energy levels.



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

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