

"Eat Healthy & Stay Fit"



☞ Foods we eat, can influence our mood

- Choline is concentrated in high cholesterol foods like egg yolk and liver,

A lack of this nutrient can cause impairment of memory and concentration, leading to irritability'

- So eat the yellow in the egg (that you so like) to reduce irritability and feel refreshed



- If you're feeling low, squeeze out a glass of orange juice or have some palak paneer , because spinach and oranges have folic acid in plenty

Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com