

# Neuroscience + Nutrition



## SUNSHINE

Serotonin

Sunshine brightens our mood, strengthens our immune system, and regulates both sleep and appetite. Sunshine puts a spring in our step.

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|----------------------|----------------------------|
| brussel sprouts      | all beans                  |
| cauliflower          | brown rice                 |
| celery               | buckwheat                  |
| garlic               | chickpeas                  |
| green leafy anything | millet                     |
| mushrooms            | quinoa                     |
| onion                | tempeh                     |
| peas                 | oils (olive, flax, walnut) |
| peppers              | pumpkin seeds              |
| sweet potato         | sesame seeds               |
| tomato               | sunflower seeds            |
| turnip greens        | walnuts                    |
| zucchini             |                            |
| all berries          | dark chocolate             |
| avocado              | green tea                  |
| bananas              |                            |
| grapefruit           | cheddar cheese             |
| kiwi                 | cheese                     |
| oranges              | cottage cheese             |
| pineapple            | swiss cheese               |
| plums                |                            |
| pumpkin              | eggs                       |
|                      | milk                       |

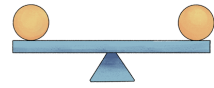


## SATISFACTION

Dopamine

Satisfaction combats restlessness and addictions, allowing us to become more content with the simple pleasures in life. Satisfaction also keeps us feeling focused and motivated.

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|----------------------|----------------|
| artichoke            | almonds        |
| beets                | hazelnuts      |
| brussel sprouts      | pumpkin seeds  |
| carrots              | sesame seeds   |
| celery               | walnuts        |
| cucumber             |                |
| green leafy anything | dark chocolate |
| peppers              | green tea      |
|                      | licorice       |
| all berries          | peppermint tea |
| apples               |                |
| avocado              | cheddar cheese |
| bananas              | cheese         |
| prunes               | cottage cheese |
| watermelon           | cheese         |
|                      |                |
| all beans            | eggs           |
| tempeh               | milk           |
|                      | yogurt         |



## STABILIZER

Norepinephrine

Stabilizer simmers both anxiety and anger, keeping our emotions in balance. It also helps us self-regulate and acts as our built-in stress management team.

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|--------------|-------------------|
| asparagus    | steel cut oats    |
| broccoli     |                   |
| garlic       | almonds           |
| ginger       | hazelnuts         |
| onion        | oils (walnut)     |
| yams         | peanuts           |
|              | pumpkin seeds     |
| all berries  | sesame seeds      |
| apples       | walnuts           |
| apricots     |                   |
| avocado      | dark chocolate    |
| bananas      | raw cacao powder  |
| goji berries |                   |
| grapefruit   |                   |
| guava        | cheddar cheese    |
| lemons       | cottage cheese    |
| oranges      | cream cheese      |
| papaya       | mozzarella cheese |
| pears        | cheese            |
| pineapple    | parmesan cheese   |
| pumpkin      | cheese            |
| watermelon   | provolone cheese  |
|              |                   |
| all beans    |                   |
| tempeh       | eggs              |
| quinoa       | milk              |