

Easy food choices to boost your mood



Some studies have shown that there may be a correlation between low levels of B vitamins (i.e., thiamine, riboflavin, folate and biotin) and vitamin D with higher levels of stress¹ and other mood-related symptoms.² To put it simply, getting plenty of these key vitamins may help improve your mood.

To get the right amount of these nutrients in your diet, try these tips:



Top salads with sunflower seeds, almonds or walnuts instead of dried fruit. These are high in vitamin B6 and biotin.



Add black beans to tacos. Cook from dried beans or drain and rinse from canned beans. Black beans are high in folate.



Try to eat one green vegetable daily. Kale, spinach, broccoli, brussels sprouts, collard greens and turnip greens are high in B vitamins folate and niacin.



Add shiitake mushrooms to pizzas, stir-fries and pasta dishes.

Mushrooms are high in multiple B vitamins. Mushrooms exposed to ultraviolet light are one of the best vegetarian sources of vitamin D.³



Swap chicken breast for oven-roasted salmon. Salmon is high in vitamin D and vitamins B6 and B12.



For a heart-healthy alternative to whole milk, choose low-fat or fat-free cow's milk that is also fortified with vitamin D. Soy milk makes a great dairy-free alternative that is also commonly fortified with vitamin D.

By adding just a few of these foods to your diet every week, you can help your body get the nutrients it needs. Working with a registered dietitian or expert coach can also be a great way to learn how to eat for your body's nutrient needs.

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770181/>

²<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6213178/>

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