

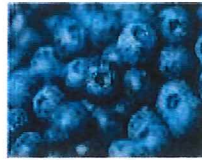
# Top 20 Powerful Mood Boosters



avocado



blue potatoes



blueberries



broccoli



coconut



dark chocolate



eggs



flaxseed



Greek yogurt



Green tea



honey



mussels



oatmeal



orange juice



pistachios



salmon



spinach



Swiss chard



walnuts



water