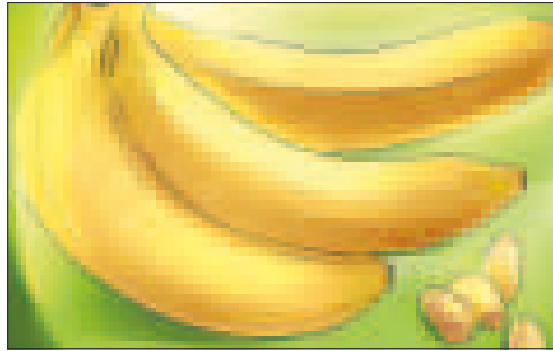


# The Happy Food Diet

The dopamine naturally produced by your brain makes you feel good and have self confidence. You get a rush of dopamine in response to pleasurable activities. On the other hand, without enough dopamine, you may feel sluggish, depressed and uninterested in life. Here are excellent methods to boost your dopamine levels if you're feeling a little low.

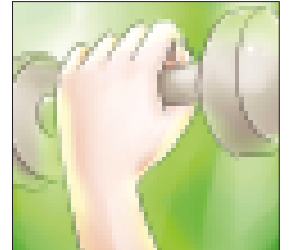
In order to make dopamine, your body needs tyrosine found naturally in certain food – essentially processed by your body into happy



fuel. These foods include almonds, avocados, bananas, low-fat dairy, meat and poultry, Lima beans, sesame and pumpkin seeds, which may all help your body to produce more dopamine through the conversion of their natural tyrosine. Tyrosine can be found in soy products (like tofu, etc.), fish, dairy and

meats. Of course many dairy and meat products are high in calories and fat, so exercise caution and monitor your caloric intake with this high-dopamine diet.

While the above foods will increase a positive chemical balance, to maintain their impact it is also important to increase your intake of antioxidants. Dopamine is easy to oxidize, and antioxidants may reduce free radical damage to the brain



cells that produce dopamine. Many fruits and vegetables are rich in antioxidants. Beta-carotene and carotenoids are in greens, orange vegetables and fruits, asparagus, broccoli and beets. A boost in vitamin C is available from peppers, oranges, strawberries, cauliflower and brussels sprouts. Finally, vitamin E is found in nuts and sunflower seeds, greens, broccoli and carrots.

Even with a good diet, it's important to maintain regular exercise to reap the full benefits of your increased happy mood, even if it means a daily walk, cycling commute or similar activity.

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