



**Vital**  
Nutrition

# Good Mood Foods

Vital Nutrition's **Good Mood Foods** workshop is packed with ideas and practical suggestions to support good mental health.

**You will discover:**

Vital Nutrition's good mood food checklist

- Why sugar and caffeine only provide a temporary boost
- The ingredients of a perfect 'Mind Meal' to help lift mood
- Simple changes you can make immediately to help boost your endorphins
- Why a low fat diet may be a contributing factor in depression and low

**Get in touch**

T: 07704 520257

E: [emma@vital-nutrition.co.uk](mailto:emma@vital-nutrition.co.uk)

[www.vital-nutrition.co.uk](http://www.vital-nutrition.co.uk)