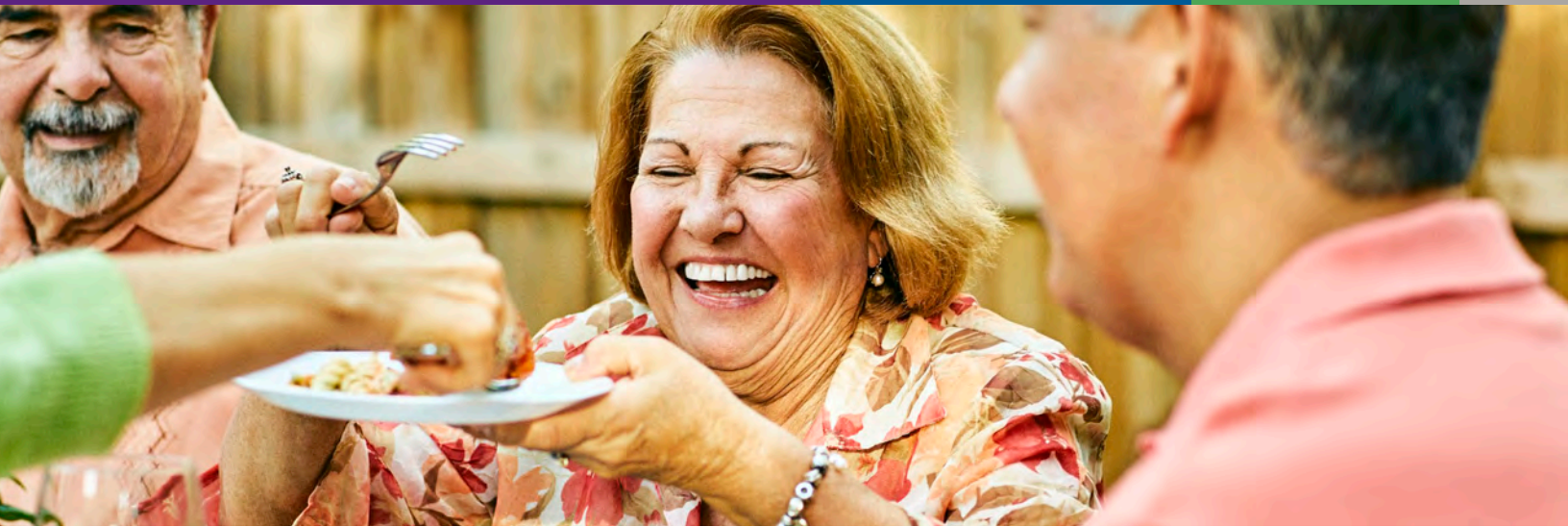


# Easy food choices to boost your mood



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 stress<sup>1</sup> and other mood-related symptoms.<sup>2</sup> 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.<sup>3</sup>



**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.

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

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

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

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