

There are key nutrients you get from certain foods that produce those feeling-good hormones like serotonin. Other nutrients are like warriors and prevent inflammation.

Here Are Some Real Happy Spirit Mood Makers?

1. **Folic acid (folate) and vitamin B-12** –found in beans and greens and Vitamin B-12 is rich in meats, fish poultry, and dairy.
2. **Antioxidant phytochemicals** - fruits and vegetables.
3. **Selenium** - oatmeal, whole grain bread, nuts, seeds, legumes, lean meat, and seafood.
4. **Omega-3 fatty acids** - salmon, herring, tuna, and sardines
5. **Vitamin D** – Sunshine and fortified foods, such as breakfast cereals, breads, juices, and milk.
6. **Dark Chocolate** – about 1 ounce - influences the feel-good chemicals called brain endorphins

The Spoilers That Look Good but Bring Evil

1. **Saturated Fat** like monster burgers with bacon and cheese.
2. **Excessive Alcohol**
3. **Excessive Caffeine**

For More Information See:

WebMD Feature Reviewed by [Laura J. Martin, MD](#) on May 25, 2011

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