



Foods I might like to try

- I might like trying a new way to eat _____, and seeing how I feel:
- a. avocados, guacamole, olive oil, coconut oil, coconut milk, coconut
 - b. carrots, squash, jícama, yams, beets, sweet potatoes, potatoes
 - c. fish, seafood, chia seeds
 - d. green vegetables, parsley, cilantro, and green herbs
 - e. berries and purple, red, blue, and black foods
 - f. yogurt, pickles, curtido, olives, sauerkraut, miso, tamari, kimchee, kefir
 - g. eggs
 - h. meat, bone broth, organ meat, chicken fat, lard
 - i. nuts, hemp, flax, and seeds, pepitas, nut butters, tahini
 - j. beans, lentils, tempeh
 - k. pineapples, bananas, plátanos, dates, fruit
 - l. radishes and bitter, leafy greens
 - m. butter, ghee, cream, dark chocolate
 - n. water, tea or coffee I sweeten myself
 - o. seaweed, mushrooms, spices

Cutting-edge research seems to be showing that mood and brain health can be influenced by the health of the gut, where most serotonin is made. You may consider the highest quality foods your budget allows:

- organic food, or organic for the "dirty dozen plus," which change slightly each year: (examples include: apples, strawberries, grapes, celery, spinach, red peppers, cucumbers, cherry tomatoes, kale (ewg.org))
- organic soy, corn, and sugar
- meat, eggs, and dairy from organic, grass-fed, and pastured sources