Top 20 Powerful Mood Boosters

- avocado
- blue potatoes
- blueberries
- broccoli
- coconut
- dark chocolate
- eggs
- flaxseed
- Greek yogurt
- Green tea
- honey
- mussels
- oatmeal
- orange juice
- pistachios
- salmon
- spinach
- Swiss chard
- walnuts
- water

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