

# Today's Menu Features Foods to Increase Mood

Specific mood enhancing nutrients are highlighted at each station.

**Unhealthy food choices often provide comfort in times of sorrow, loneliness, or depression. Our hope is to increase awareness surrounding the benefits which are provided when healthy food choices are made instead. Certain foods can be used to replenish the body and naturally increase our moods. The foods featured in today's menu items contain the nutrients that are needed to do just that.**

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