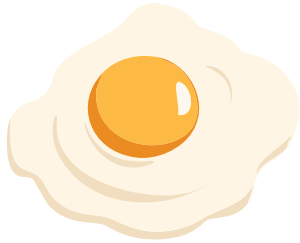
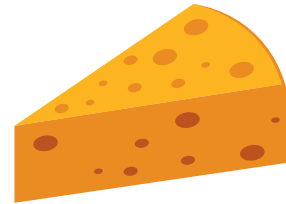


7 Foods That May Boost Serotonin

Eating foods rich in the amino acid tryptophan may help your body produce more serotonin, a chemical messenger in your brain associated with mood regulation and many other bodily functions.



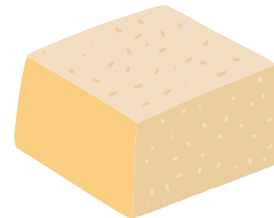
Eggs



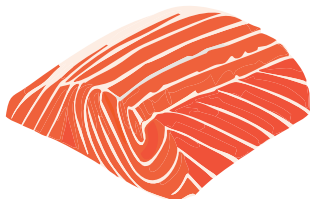
Cheese



Pineapples



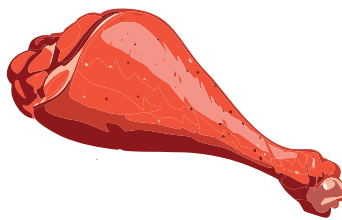
Tofu



Salmon



Nuts



Turkey