

YOUR FOOD IS A MOOD

THE FOOD YOU EAT EACH DAY TO FUEL YOU,
CAN HAVE A HUGE IMPACT ON YOUR GENERAL WELLBEING.

EATING TOO MANY MOODY FOODS WILL AFFECT HOW YOU FEEL TOO!



WHAT TYPE OF
FOOD IS IN A
GOOD MOOD?



WHAT TYPE OF
FOOD IS A
MOODY FOOD?

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HOW DOES EATING THE ITEMS IN THE GOOD MOOD LIST MAKE YOU FEEL?