

Mood Booster

These Aussie fruit, veg & nuts contain nutrients that can support mental well-being.



APPLE
rich in
folate



SWEETPOTATO
rich in
vitamin C



AVOCADO
source of
folate



ORANGE JUICE
rich in
vitamin C



PISTACHIO
rich in
vitamin B6



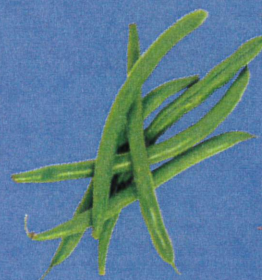
CABBAGE
rich in
vitamin C



CHESTNUT
contains
folate



PUMPKIN
rich in
vitamin C



GREEN BEANS
contain
biotin



BEETROOT
rich in
folate

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