

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 CAN AFFECT HOW YOU FEEL TOO!

FOR EVERY MOODY FOOD YOU CAN LIST, CAN YOU THINK OF AN
ALTERNATIVE YOU COULD EAT TO IMPROVE YOUR WELLBEING?



WHY DO YOU THINK GOOD TYPES OF FOOD MAKE YOU FEEL BETTER?

