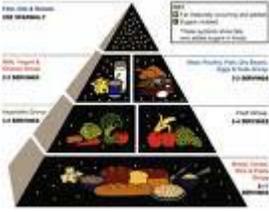


April: How Food Affects Your Mood



Everybody wants to feel better - both physically and mentally. We often underestimate how what we eat impacts how we feel. Your food and physical activity choices each day affect your health - how you feel today, tomorrow, and in the future.

Click on the link below to find an article describing which foods have specific benefits to "boost our mood."

There is also a link to the new Food Pyramid and an explanation of it. I know that we all have heard of it and have seen it in the past but it has been revised in recent years.

[Boost Your Mood](#)

[Food Pyramid](#)

