

# EAT THIS, NOT THAT!

## 13 MOOD-BOOSTING SNACKS TO MAKE YOUR DAY BETTER

**Ever wonder if there are special foods that happy people eat? Yes, yes there is!**

No one feels that great after face-planting into a Costco-sized box of Oreos, but it turns out that the mood swings and anxiety we feel go a lot deeper than food guilt. For example, low blood sugar has been tied to depression, whereas healthy fats have been shown to help mitigate stress. So, while we love rolled ice cream just as much as the next person, there's no doubt that there's now all the more reason to replace processed junk with fresh produce and healthy snacking options. Here's a look at exactly what to load up on.

### 5 CHICKPEAS

Chickpeas are rich in vitamin B6, protein, and [magnesium](#). According to De Fazio vitamin B6 prevents low energy and anxiety, and protein supports neurotransmitter function in the brain which helps produce serotonin and dopamine. This is fab news since serotonin and dopamine are two natural hormones your body needs to feel happy! De Fazio recommends hummus and raw veggies, but chickpeas can be enjoyed in a myriad of ways. For something quick and on-the-go you can opt for Chickpeatos or **Pure Genius**, a new line of chickpea-based brownies and blondies that are *delicious*.