

Your Food & Mood Pharmacy

Head to the refrigerator, rather than the medicine cabinet, when these troubles strike:



HAVE A HEADACHE?

Rx: A cup of cappuccino



IN A BAD MOOD?

Rx: A bowl of fruit salad with oranges



STRESSED OUT?

Rx: Eat a bowl of chicken noodle soup



FEELING DRAINED?

Rx: A tuna salad sandwich



EXHAUSTED?

Rx: Glass of grapefruit juice



FEELING A COLD COMING?

Rx: Spinach Salad



FEELING BLUE?

Rx: A whole grain roll



NOT IN THE MOOD?

Rx: A chocolate truffle



NOT SLEEPING WELL?

Rx: A bowl of cereal with sliced bananas



IN A PANIC?

Rx: A handful of mixed nuts, including brazil nuts