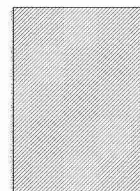


**BODY LOVE**



Stressed  
about meeting  
his family?  
Peel one of  
these.



# 9 Foods That Boost Your Mood

*Research has homed in on snacks that actually change how you feel... and not only because they help you slide into a pair of jeggings. The nibbles here will load you up with confidence, get you horny, and more.*

By Anna Davies

▶ When you're stressed or annoyed, it's tempting to raid the vending machine or grab greasy takeout for a mood lift. And that's not your fault: According to a new study from the University of California at Irvine, fatty stuff like chips and fries triggers the production of marijuana-like chemicals in the body, making them nearly impossible to resist. Luckily, there are better options than curly fries. The bites below are proven to have a positive effect on mood almost as soon as you eat them.

If You Want to...	Eat This	Why It Works
<b>Impress your boss at a meeting</b>	<b>A salmon salad</b>	Salmon contains omega-3 acids, the "good fats" that are essential in supporting brain function by increasing memory. Pair your salmon with walnuts (another omega-3 source) and spinach (its magnesium content may lower stress levels).
<b>Have toe-curling sex</b>	<b>Watermelon</b>	Dark chocolate isn't the only sweet aphrodisiac out there. Watermelon contains the compound arginine, an amino acid that increases nitric oxide in your blood, causing your vessels to relax and more blood to flow to your genitals.
<b>Feel less grouchy in the a.m.</b>	<b>A bowl of oatmeal or an English muffin</b>	Complex carbs induce your body to jack up levels of the feel-good neurotransmitter serotonin. For maximum impact, nutritionists recommend steel-cut oatmeal (eaten plain or sweetened with honey or agave) or a whole-grain muffin.
<b>Kick ass during your cardio sesh</b>	<b>A handful of almonds</b>	Folate, tyrosine, magnesium, and antioxidants...almonds are as stuffed with nutrients as your underwear drawer is with lingerie, and that's why they're one of nutritionists' favorite sources for energy. Chow on 15 half an hour before the gym.
<b>Fight the urge to snap at your roomie</b>	<b>Guacamole</b>	Dig into this cranky-crushing dip before you bitch her out for tracking bread crumbs in the communal butter. Low levels of B vitamins lead to irritability, and tomatoes and avocados are both rich with B-complex vitamins, which calm you.
<b>Get a second wind before a night out</b>	<b>A serving of edamame</b>	Just half a cup is packed with protein—key for rallying—and contains 10 percent of your daily iron dose (low iron is linked to fatigue). Added bonus: Soy contains molybdenum, a mineral that's been shown to enhance concentration.
<b>Make his parents love you</b>	<b>An orange or a cup of orange juice</b>	Think of OJ as a social lubricant that doesn't come with a hangover the way champagne does. Vitamin C has been shown in a number of studies to decrease the stress hormone cortisol in the blood.
<b>Perk yourself up after a few late nights</b>	<b>A turkey wrap</b>	Turkey has a rep for making people feel zonked, but experts say it actually has the opposite effect: It's rich in the amino acid tyrosine, which heightens levels of dopamine and norepinephrine, two neurotransmitters that make you feel alert.
<b>Remember where the eff you put your cell</b>	<b>Blueberries</b>	Not only are blueberries rich in antioxidants, which protect the brain from damaging free radicals, but research also suggests their flavonoids can improve memory. Aim for a serving (about half a cup) a day, either fresh or frozen.

Tara/Cathy Images

SOURCES: HYLEA CASS, MD, AUTHOR OF 8 WEEKS TO VIBRANT HEALTH; STEPHANIE MIDDLEBERG, RD; TRUDY SCOTT, CN, AUTHOR OF THE ANTI-ANXIETY FOOD SOLUTION; ELIZABETH SOMER, RD, AUTHOR OF EAT YOUR WAY TO HAPPINESS