

Food enhance your Mood

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WHO COMES FIRST ?

Liu X,etal ,2016

Mood HORMONS

SEROTININE

DOPAMINE

- TRYPTOPHAN IS SEROTININE PRECURSOR

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- TRYPTOPHAN in food

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Sjoerd Hulske,etal ,2018

- **(tryptophan, tyrosine, phenylalanine)** are the precursors for, dopamine
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- **tryptophan, tyrosine, phenylalanine in Food**
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- Rooney et al 2020

Take home message