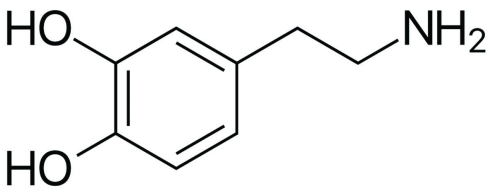
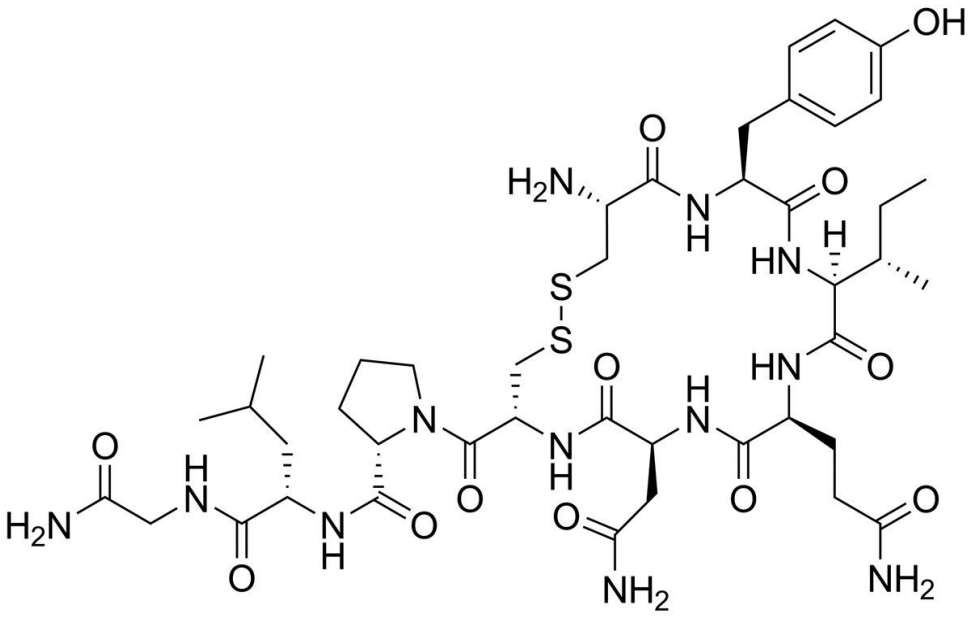


Dopamine-Boosting Foods

The precursor of dopamine is an amino acid called tyrosine. Tyrosine can also be made from a different amino acid, phenylalanine. Increasing the amount of tyrosine and phenylalanine in the diet can increase dopamine levels in the brain. Phenylalanine- and tyrosine-rich foods include:

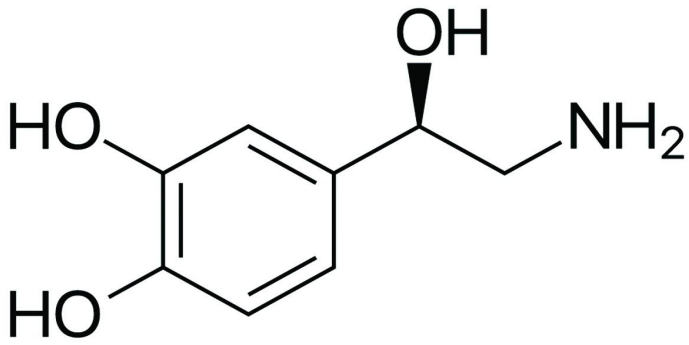
- Turkey
- Beef
- Eggs
- Dairy
- Soy
- Legumes
- Probiotics
- Velvet beans *(Mucuna pruriens)*



Oxytocin-Boosting Foods

Research shows that oxytocin blunts cravings for sweets. Stress raises those cravings, while excess amounts of the stress hormone cortisol suppress oxytocin. Some of the foods on the list below raise vitamins C, D and magnesium, all of which are implicated in oxytocin synthesis:

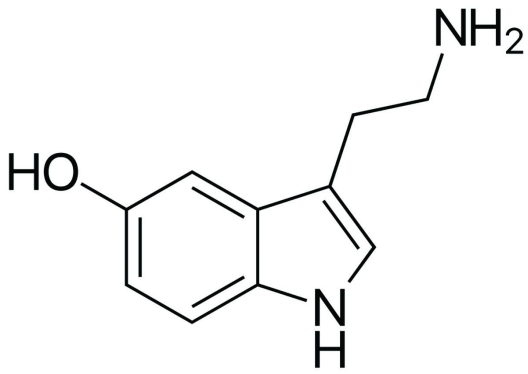
- Tuna
- Eggs
- Chicken
- Milk
- Figs
- Avocados
- Watermelon
- Spinach
- Green tea
- Lima beans
- Brown rice
- Peppers
- Citrus
- Kale
- Broccoli
- Brussels sprouts
- Cherries
- Parsley
- Cultured foods (yogurt, kefir, sauerkraut, miso)



Norepinephrine-Boosting Foods

Foods that contain the amino acids tyrosine and phenylalanine help boost norepinephrine in the brain. They're found in high-protein foods. Among the foods that can boost norepinephrine are:

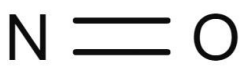
- Fish
- Red meats
- Chicken
- Turkey
- Yogurt
- Tuna
- Eggs
- Bananas
- Oatmeal
- Tofu
- Beans peas and other legumes
- Soy
- Cottage cheese
- Wheat germ



Serotonin-Boosting Foods

Tryptophan is a precursor to serotonin. While meats are a primary source, there are also many vegetarian and vegan options for boosting tryptophan. These include:

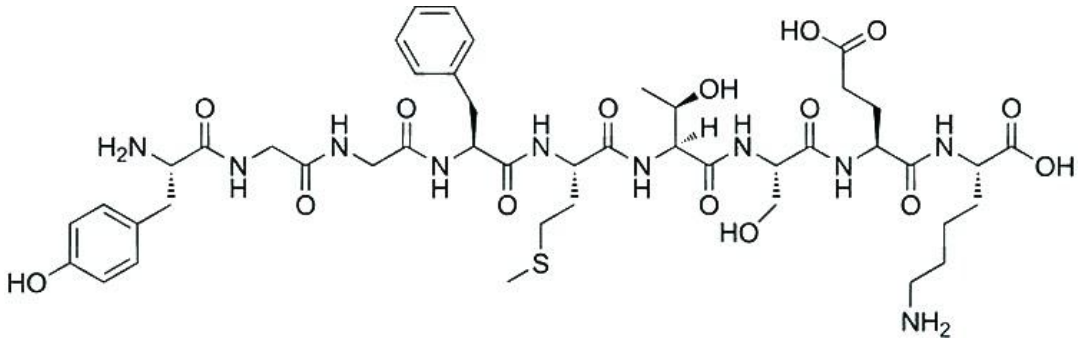
- Salmon
- Poultry
- Eggs
- Milk
- Soy
- Nuts
- Spinach
- Seeds
- Fermented foods like sauerkraut, cheese, kefir, miso and yoghurt



Nitric Oxide-Boosting Foods

Nitric oxide is conserved in the presence of coenzyme Q10, or CoQ10. CoQ10 diminishes as our bodies age, so supplementation is usually recommended at some point. Some of the foods below boost CoQ10 and enhance levels of nitric oxide. Nitrates are also important, because your body converts them to nitric oxide. Leafy green vegetables like kale, spinach, arugula, and cabbage are packed with nitrates. Also, vitamin C maximizes your body's absorption of nitric oxide, so citrus fruits contribute to overall levels. These foods boost your body’s supply of nitric oxide:

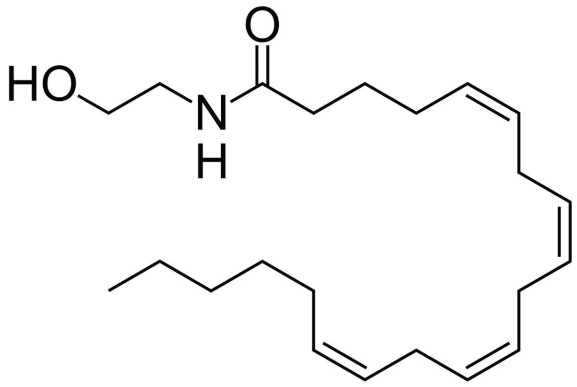
- Red meat
- Poultry
- Organ meats
- Fatty fish
- Citrus fruits
- Dark chocolate
- Cocoa
- Beets
- Garlic
- Spinach
- Kale
- Cabbage
- Pomegranates
- Nuts and seeds
- Watermelon
- Red wine



Endorphin-Boosting Foods

Endorphins aren't assimilated directly from food. Instead, certain foods contain high levels of the vitamins and minerals from which your brain synthesizes them. These vitamins and minerals include vitamin B12, vitamin C, zinc, potassium, and iron. Foods high in these include:

- Red meat
- Poultry
- Chocolate
- Strawberries
- Oranges
- Spicy foods
- Grapes
- Nuts and seeds
- Ginseng



Anandamide-Boosting Foods

Cannabinoids like the THC found in marijuana are not found only in hemp. Many plants contain phytocannabinoids, which activate the same CB1 or CB2 receptors in our brains as anandamide. Among these are the foods below. Chocolate is the exception: it works by inhibiting the breakdown of anandamide. The following foods engage our body's cannabinoid receptors:

- Broccoli
- Kale
- Brussels sprouts
- Cinnamon
- Clove
- Oregano
- Black pepper
- Echinacea
- Chocolate