



THE DIET ALTERNATIVE

**MELANIE R. AJANWACHUKU, B.S, R.D.N., CDCES MEDICAL NUTRITION THERAPY
CONSULTANT**

16133 KAMANA ROAD APPLE VALLEY, CALIFORNIA 92307 760-242-8491 www.a-dietitians-exchange.com

RESOURCES : FOODS TO DE STRESS AND LIFT MOOD

<https://www.healthline.com/nutrition/6-foods-that-reduce-anxiety>

<https://foodrevolution.org/blog/nutrition-and-mental-health-connection/>

<https://www.ecowatch.com/how-antioxidants-can-help-fight-depression-1891171410.html>