

**GOOD  
FOOD,**



**GOOD  
MOOD!**



Enhance your mood with foods full of fiber and Omega-3s and include fun activities to help your body and mood throughout the day!

[#BustaMood](#)

[#GetMoving](#)

[#BestFiberFriendsForever](#)

[#HappyFoods](#)

[#SleepSmart](#)

USDA is an equal opportunity provider, employer and lender.

