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# **Healthy Kitchen - Mood Boosting Foods - AOL Food**

If you think you're a little down this time of year you're not alone. Millions of Americans suffer from seasonal depression. It's cold outside and you no longer have the fun winter holidays to keep you busy. The days are shorter leaving you less time to get a natural mood boost from the sun.

A recent study shows that certain foods can give your mood a little boost. Whether you're anxious, depressed or a little irritable there are foods that can help. Nine foods have shown to have the most mood boosting potential. They contain vitamins that are known to restore energy, boost your brain power and give you the lift you need to get through the day.

Click on the link below for a list of these amazing foods and see how they can brighten these dark, cold days.

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