## **Bad Mood Foods**

no significant differences were found in the incidence of diarrhea, hand-foot syndrome, thromboembolic events, or serious bleeding episodes between treatment groups

10 bad mood foods

introducing additional items such as cocoa, which is abundant in antioxidants, or flax seed essential oil, which happens to be jam-filled with omega-3s, will make it more healthy bad mood foods

bad mood foods list