

# Foods that Increase Neurotransmitter Production

Neurotransmitters are made from the food we consume. Specific groups of foods have the power to manufacture brain chemicals by the body. Foods that help make dopamine and subsequent adrenal hormones, noradrenaline and adrenaline.

**Foods rich in tyrosine and phenylalanine, precursors to dopamine are contained in:**

- fish
- eggs
- spirulina
- beetroot
- apples
- kale
- oregano
- bananas
- strawberries
- green tea
- ginkgo biloba
- nettles
- dandelion
- ginseng

Ginkgo can also increase dopamine while enhancing oxygen flow and blood flow to the brain.

Exercise stimulates dopamine release. Those who get the 'runners high', floods the brain with 'feel good' hormone called dopamine.

**Foods that help make serotonin**

Foods rich in tryptophan, the precursor to serotonin are:

- walnuts
- pineapple
- bananas



# Foods that Increase Neurotransmitter Production

kiwi fruit

plums

tomatoes

eggs

fish

cheese

red meat

poultry

seeds

nuts

soy

oats

chickpeas

## **Foods that help make GABA**

Food that helps make GABA are also rich in glutamine and glutamate, GABA's precursors.

GABA is created through the process of fermentation. When lactobacillus fermentation conditions are optimal, GABA production by microorganisms is increased. This makes fermented foods like sauerkraut and kimchi, the only dietary source of GABA.

Foods rich in GABA are:

wine

green tea and jasmine tea

red meat

seafood

organ meats like liver, brain, kidney

dairy



# Foods that Increase Neurotransmitter Production

eggs

nuts

beans and legumes

cabbage, beet, spinach, parsley

