Naturally Increase Dopamine Production with REAL WHOLE FOOD!

Dopamine is made from the amino acid l-tyrosine which is commonly found in protein-rich foods. Eating a diet high in l-tyrosine can help ensure you've got the basic building blocks needed for dopamine synthesis.

Here's a list of culinary delights known to increase l-tyrosine or dopamine:

Fruits

Apples

Avocados

Bananas

Watermelon

Veggies

Beets

Leafy green vegetables

Sea vegetables

Protein

Eggs

Unprocessed beef, chicken, duck, and turkey

Fermented Foods

Kefir

Raw sauerkraut

Yogurt

Nuts, Seeds, Legumes

Almonds

Dark chocolate

*Fava beans

Lima beans

Peanuts

Pumpkin seeds

Sesame seeds

Walnuts

Herbs & Spices

Oregano

Rosemary

Turmeric

Healthy Fats

Olive oil

Omega-3 rich fish such as salmon, mackerel, and sardines

Grains

Oatmeal

Wheat germ

*Fava beans are one of the few foods that contain l-dopa, a direct precursor to dopamine.

What foods should I avoid?

Sugar has been found to temporarily boost dopamine but is more like a drug than a food and ultimately depletes dopamine levels over time. Eating a diet high in saturated fat decreases dopamine receptor sensitivity. Aspartame decreases brain levels of both dopamine and serotonin, which is another important mood-boosting neurotransmitter.

What are other things I can do to increase dopamine?

Along with listening to music and dancing, physical exercise is one of the best things you can do for your brain. It boosts production of new brain cells, slows down brain cell aging, and improves the flow of nutrients to the brain. It can also increase your levels of serotonin and norepinephrine, a dual-purpose stress hormone and neurotransmitter that helps you respond to stressful situations.

AJ & China Rose Zamora are just a couple of fun lovin' gals passionate about health, fitness, & inspiring our community with simple tools for healing, wellbeing & living green!