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E-WEDNESDAY

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“

You can develop in mind the future you desire
based on the choices you make today!

”

Asha Sougaijam



Money

"Money comes and goes. When you pass away it's about what you've done to make this world a better place." T i a M o w r y

Canadians focused on savings and debt, not spending: Poll

Canadian households are preoccupied with shoring up their finances this year, according to a new survey, a thriftiness that could be a drag on the recovery.

Three out of four Canadians in a poll conducted by Nanos Research Group for Bloomberg News say their top financial priority is to pay down debt or retain an elevated level of savings. Only 11 per cent said they plan to make a major purchase.

The extent to which households will use up an unexpected accumulation of savings is one of the key unknowns in coming months. Amid a massive downturn last year, Canadians became significantly better off financially because of income support payments from the government, surging real-estate prices and stock-market gains.

The improved financial picture is fueling hope households will go on a spending spree once the COVID-19 pandemic is over. Growth is seen surging to an above-5 per cent annualized pace in the final nine months of this year after a mid-winter slowdown, in large part on an expected surge in consumer spending, according to a Bloomberg survey of economists last month.

We have significant pent-up demand in the economy," David McKay, chief executive officer of Royal Bank of Canada, said Monday at a conference. "We have significant savings sitting on consumers' balance sheets."

In the early days of the pandemic, Prime Minister Justin Trudeau's government acted aggressively to implement income and credit support programs to keep businesses and households afloat. As a result, average disposable income in the first nine months of 2020 was up about \$100 billion over the same period in 2019 despite mass job losses, according to Statistics Canada data.

Household spending, meanwhile, fell by more than \$50 billion over that time. The net result is about \$150 billion in new household savings that went unspent.



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Xi asks Starbucks' Schultz for help mending U.S.-China ties

President Xi Jinping called on Starbucks Corp. to help improve China-U.S. ties, striking a business-friendly tone as the Biden administration prepares to take over in Washington.

"I hope Starbucks will make active efforts to promote China-U.S. economic and trade cooperation and the development of bilateral relations," Xi said in reply to a letter from Chairman Emeritus Howard Schultz. Xi's letter was dated Jan. 6 and published Thursday by the official Xinhua News Agency.

"China has embarked on a new journey of comprehensively building a modern socialist country, which will provide a broader space for companies from all over the world, including Starbucks and other American companies, to develop in China," Xi wrote.

Chinese leaders have often tried to utilize ties with U.S. business leaders to improve U.S.-China relations, and have repeatedly stressed the role of commerce as a stabilizer in bilateral ties. Relations between the two countries have worsened over the four years of the Trump presidency, a major challenge for President-elect Joe Biden.

Schultz's letter congratulated Beijing on the near completion of the plan to build a "moderately prosperous society," and expressed respect for the Chinese people and Chinese culture, Xinhua said.

Schultz previously said that China was a competitor of the U.S. rather than an enemy. He stepped down from his position as executive chairman of the coffee giant in 2018 and is estimated to be worth US\$5.1 billion, according to the Bloomberg Billionaires Index. He considered running for U.S. president in 2020 as an independent.

Loonie has 'no business' being at 79 cents: CIBC's Tal

CIBC Deputy Chief Economist Benjamin Tal said he thinks the Bank of Canada should be getting concerned about the atypical strength in the Canadian dollar.

Tal said the broad-market weakness of the American dollar has pushed the loonie to dizzying heights, carrying with it potential headaches for the domestic export sector and economy.

"I think that the Canadian dollar has no business being where it is now, and it's all about the general weakness of the American dollar," he said in a Thursday interview. "The fact that I'm worried is not so important, but the Bank of Canada is worried. Clearly they're worried about it, they're measuring it more and more. The question is: What do you do about it?"

The Canadian dollar has been trading at just shy of 79 U.S. cents to start 2021, its highest level against the greenback since 2018.



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However, Tal said he doesn't think the Bank of Canada is out of ammunition when it comes to a further interest rate cut. His comments contrast those of the central bank's governor Tiff Macklem, who has repeatedly declared the benchmark rate is at its effective lower bound.

One possibility, if they're really desperate, is to actually cut interest rates again to, let's say, 10 basis points," he said. "Remember, policy rates in Canada are actually the highest among the Organisation for Economic Co-operation and Development members, so we have room to cut. This is not our forecast, but it's interesting to think about."

The Bank of Canada has essentially signalled that its key rate will remain on hold at 0.25 per cent through to 2023 in a bid to provide ample financial cushioning for the economic recovery.

However, it has repeatedly highlighted the rate-fuelled household debt binge as a potential trouble spot for consumers.

While those concerns persist, Tal said that with interest rates already at historic lows, a small cut would be unlikely to further inflame household balance sheets.

"I'm not too concerned about debt levels at this point because, quite frankly, when you cut interest rates from an extremely low base, another 10, 15 basis points will not make a huge difference. Quite frankly, it would be more a currency story," he said.

Ultimately, Tal said he thinks the threat of a further rate cut could be more effective in tamping down the loonie than actually going ahead with one.

"The issue is if the Bank of Canada moves, and nothing happens, and the loonie continues to go up; that's when you realize that the Bank of Canada is unable to do anything," he said. "Sometimes saying that you're going to use this weapon is more effective than actually using it, and I think that's more or less where we are now."

Technology & Perspective

"In a time of drastic change, it is the learners who inherit the future." Eric Hoffer

5G communications networks: Enabling next-generation technology

- By Dan Smith, CFA (3 min Read)

The 5G rollout should lead to a meaningful increase in communications equipment sales growth and more wide spread adoption of cutting-edge technology.



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This report is part of the "New normal, new opportunities" series, in which we examine secular trends in a post-COVID-19 world. The series will cover a range of themes that are emerging as a result of social distancing, the work-from-home imperative, health care developments, corporate implications, and broader societal change. We believe identifying these trends and understanding their investment implications will be critical to navigating the road ahead.

Stated simply, 5G technology is the fifth generation of wireless mobile networks. Each successive generation of wireless networks has added speed, capacity, capabilities, and reliability to wireless services. The first two generations enabled, then accelerated voice communications. The third generation (3G) was notable, as it made the exchange of mobile data sufficiently practical for widespread use. The fourth generation (4G) brought broadband speeds to the mobile data network, speeding functionalities like wireless video delivery and closer connection to the wireline network.

5G technology can provide higher data speeds with less delay than 4G, sometimes referred to as 4G LTE. According to the Federal Communications Commission (FCC), some 5G services will provide coverage areas with data speeds up to 100 times faster than 4G and almost instantaneous response time. For example, it can take almost six minutes to download a feature-length movie with 4G. With 5G, the same movie can be downloaded in as little as 15 seconds. Technically speaking, current 4G speeds are approximately 12–36 megabytes per second (Mbps), while 5G services are expected to support speeds of up to 300 Mbps or greater.

The speed and connectivity enhancements provided by 5G networks, currently in the early stages of deployment, will bring a widespread presence of connected devices, objects, and machines, joining humans, smartphones, and computers, all of which will freely communicate with one another. This is a watershed event by which many previously unavailable or infeasible technologies will be equipped to become reality.

The building blocks of 5G

Every system is built from a series of components, and for 5G networks, the root components are next-generation communications semiconductors. They are combined with additional communications components and manufactured into devices that receive, analyze, and transmit incoming and outgoing data. These devices are chained together to build 5G communications systems, and these systems are deployed into networks that include small cell antennas, wireless tower equipment, data processing equipment, and relay equipment that connects the wireless network to the wireline network.

Throughout the world there are multiple semiconductor companies, smartphone producers, network equipment developers, systems integrators, wireless tower providers, and communications network vendors that sell the products and services that make wireless communications a reality. For many, if



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not most, of these vendors, we expect spending on 5G systems, which began in earnest in 2020, will serve to increase their sales growth from pre-2020 levels.

5G is a key enabling technology

With 5G in its early stages of deployment, it is impossible to state with precision the added capabilities it will unlock, but some of them are becoming apparent. By providing previously unavailable data transfer volume and speed, the deployment of 5G wireless communications networks helps to enable so many of the productivity-enhancing, entertainment, and communications technologies covered in the “New normal, new opportunities” series. As a result, beneficiaries of 5G technology extend beyond the direct 5G enablers discussed above. Here are some specific examples of technologies made possible or enhanced by 5G:

- **Artificial intelligence (AI):** To gain widespread acceptance and functionality, AI systems need three elements, according to RBC Capital Markets: computing power, distribution capacity, and storage. 5G networks are the enabling technology that provides the distribution capacity in that equation.
- **Virtual reality:** The convergence of advancements in processing power, display technology, movement detection, and 5G-enabled speed and bandwidth is in the early stages of providing virtual and enhanced reality applications that further blur the lines between information, entertainment, and communication, making all of them more personalized and interactive. Content providers become capable of delivering their services on-demand, available everywhere, and shareable with whomever users want.
- **Internet of Things (IoT):** The technology to put radio frequency identification (RFID) chips onto or into just about any object in order to track it has existed for over a couple of decades, but during that time, RFID technology has been slow to deploy, owing to the cost of bandwidth in today's wireless network, making it uneconomical for many applications. Once 5G networks are more widely deployed, we expect more widespread use of RFID tracking systems as more functions become economical.
- **“Big data”:** Taking the lead of internet search engines, social networks, and advertising platforms, businesses of all stripes are waking up to the value of the data their customers and vendors provide on a constant basis. The IoT exponentially increases the amount of data produced, and AI-enabled systems can evaluate that data in ways previously unavailable. So, 5G is a vital piece of the big data puzzle, as it is an enabling technology to its key components.
- **Cybersecurity:** The advent of a greater volume of data collected from an increasing number of devices will necessitate an added level of data security vigilance on the part of businesses and consumers. Accordingly, cybersecurity technology will need to evolve along with the 5G network, providing opportunities for cybersecurity vendors that are adept at responding to the changing landscape.



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- **Next-generation automation:** According to RBC Capital Markets, 37 percent of IoT spending is currently done by the Industrials sector. In a manufacturing setting, tracking-enabled equipment and inventories offer the opportunity to increase output and lower costs by automating tasks such as monitoring the manufacturing process, identifying maintenance issues before they become problems, and re-ordering raw materials and parts.

As illustrated in the examples above, the capabilities unlocked by 5G technology make enhancements to goods and services accessible to businesses of any size, in most cases at a reasonable price. We believe that the competitive advantages unlocked by spending on such technology will prove vital to most efforts to improve a company's offerings and cost structure. In some instances, adoption of these enhancements may prove necessary for companies to remain competitive.

As a result, we expect that much of the upcoming spending on 5G-enabled technologies such as those above will be viewed as mandatory by companies in a wide range of industries. For consumers, 5G will make entertainment and communication services that were in the realm of science fiction 20 years ago widely available and sufficiently inexpensive. Accordingly, we believe spending on 5G technology and the enhancements it unlocks will propel business and consumer spending for many years to come.

<https://www.rbcwealthmanagement.com/ca/en/research-insights/5g-communications-networks-enabling-next-generation-technology/detail/>



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Wit

"A lot of people like snow. I find it to be an unnecessary freezing of water."

Carl Reiner



Community & Family

"As a child my family's menu consisted of two choices: take it or leave it."

Buddy Hackett

Raising the next generation to live more sustainably

(Under 5 min read)

As parents think about the legacy they want to leave, educating the next generation around sustainability can help leave a lasting impact on generations to come.

Jyoti Stephens grew up with the mantra to "leave the earth better than you found it." It's a belief passed down from her grandfather and is the mission of her family's certified organic food company, Nature's Path.



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"Respecting the land and giving back to the community were a part of how we grew up," says Stephens, vice-president of mission and strategy at the Richmond, B.C.-based company. Known for its focus on sustainability, the company also prioritizes ethical sourcing, energy efficiency, waste reduction, community engagement, and eco-friendly packaging alternatives.

Stephens has fond memories of working in her parent's garden, growing—and eating—the fresh fruit and vegetables and learning about the soil's regeneration. It's a way of living (and doing business) that Stephens is now passing on to her young daughter in their home garden and during dinner-table conversations.

And, she encourages all parents to have conversations with their kids about ways they can live more sustainably.

"Sustainability thinking is about systems thinking," says Stephens. "You don't want to overwhelm them with complexities, but there are ways to get your kids to think about all of the things it takes to make, enjoy and sustain the life we have well into the future."

Climate change a key concern for parents

While Stephens, her family and their business are doing their part to protect the environment, not enough are, which worries her and other parents when it comes to their children's future.

"I'm gravely concerned about the impact that the warming planet will have on the next generation," Stephens says.

She's not alone. About three-quarters of next-generation, high-net-worth parents believe their children will have a more challenging life than they have, with climate change being a key concern, according to the Shaping Tomorrow, Today report. The 2020 research from RBC focuses on the next generation of leading enterprising families across Canada, the U.S., and the UK. More than half (56 percent) of respondents also believe it's important for children to learn social and environmental responsibility at home.

"There are two big trends that frighten me the most—climate change and the growing inequality gap between the haves and have nots," said one female Generation X-aged survey respondent. "At some point in my children's generation, if we continue down our current path, those two elements will cross—and I don't think even wealth will be able to help you there."

Another male Baby Boomer said he too worries about environmental issues. "I feel like the next generation is going to be faced with issues that we have not had to deal with in our family; at least in my generation," he said.



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Investors paying more attention to sustainability

Sustainability is also becoming top-of-mind among investors, with a growing number focused on environmental, social and governance (ESG) factors when choosing where to put their assets.

Globally, 75 percent of institutional investors integrate ESG into their investment approach and decision-making, according to the 2020 Global Responsible Investment Survey. The annual survey from RBC Global Asset Management also shows 84 percent of respondents believe ESG-integrated portfolios will perform as well or better than non-ESG-integrated investments.

Melanie Adams, vice-president and head of corporate governance and responsible investment at RBC Global Asset Management, says ESG factors are critical to how her team invests today to achieve risk-adjusted long-term returns.

"For many, it's about making the world a better place, but for investors, it's also very much about the performance of the investment," Adams says. "If you're not looking at material ESG factors, you're not seeing everything you should be about the investment."

The focus also comes as a growing number of surveys suggest younger investors, such as Millennials and Generation Z, want their money invested in responsible companies, Adams notes.

"There will be a wealth transfer, and the next phase of investors care about these issues. We need to ensure we're able to satisfy their investment requirements," she says.

Companies also have a crucial role to play in thinking about their ESG strategies, Adams says, including climate change and adapting to the shift to a low-carbon economy.

"Companies that think about these things will be more resilient and are likely to perform better over the long run," she says.

Aligning your purchasing power with your values

Consumers can also drive change by being strategic about what they buy, choosing companies and brands that promote sustainability. The trend, known as conscious consumerism, is something entrepreneur Jane Mosbacher Morris enables through her company, TO THE MARKET, which connects businesses and consumers to ethically made products from around the world.

It's a venture-backed business with impact at its core, with more than 200 suppliers in over 40 countries. They use technology to help retailers and brands provide transparency in the supply chain to source and manufacture socially and environmentally responsible products.



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"We're on a mission to change the way retail manufacturing is done to create a better outcome for people, the planet, and ultimately, better business," Morris says of the company she founded four years ago after working in humanitarianism for government and a prominent think-tank in Washington, D.C.

Morris worked in counterterrorism at the U.S. Department of State, where she was first exposed to vulnerable populations, in particular women. It was on a trip to Kolkata, India, while working as the director of humanitarian action for the McCain Institute for International Leadership, that she came up with the idea for TO THE MARKET.

"It was a prime opportunity for me to engage in an industry where you had not only a social and environmental challenge worthy of fixing but also a market-driven opportunity to make a change," she says. "I thought I could have a bigger impact on the population I felt passionate about serving through the private sector if I leveraged market forces."

Morris is also the author of *Buy the Change You Want to See: Use Your Purchasing Power to Make the World a Better Place*, released in 2019, which helps consumers make a greater social impact through everyday purchases. Morris says parents can use the book to help teach their children—and better inform themselves—about being conscious consumers.

"It's about aligning your purchasing power with your values," says Morris, which could include climate change or other areas such as the economic empowerment of women.

Adams says parents can teach their kids the many different ways they can help to make the world a better place, including "the power of their wallets".

"Have a conversation with your kids," says Adams. "There's an opportunity to be thoughtful about how you invest your money. It can also be fun."

As parents think about the legacy they want to leave, educating the next generation around sustainability can help leave a lasting impact on generations to come.

<https://www.rbcwealthmanagement.com/ca/en/research-insights/raising-the-next-generation-to-live-more-sustainably/detail/>



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Health & Lifestyle

“Life is too deep for words, so don’t try to describe it, just live it.” C . S . Lewis

9 Healthy Foods That Lift Your Mood - *By Katey Davidson, MScFN, RD - Medically reviewed by Natalie Butler, RD, LD (3min read)*

When you’re feeling down, it can be tempting to turn to food to lift your spirits. However, the sugary, high calorie treats that many people resort to have negative consequences of their own.

Thus, you may wonder whether any healthy foods can improve your mood.

Recently, research on the relationship between nutrition and mental health has been emerging. Yet, it’s important to note that mood can be influenced by many factors, such as stress, environment, poor sleep, genetics, mood disorders, and nutritional deficiencies.

Therefore, it’s difficult to accurately determine whether food can raise your spirits.

Nonetheless, certain foods have been shown to improve overall brain health and certain types of mood disorders.

Here are 9 healthy foods that may boost your mood.

1. Fatty fish

Omega-3 fatty acids are a group of essential fats that you must obtain through your diet because your body can’t produce them on its own.

Fatty fish like salmon and albacore tuna are rich in two types of omega-3s — docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) — that are linked to lower levels of depression.

Omega-3s contribute to the fluidity of your brain’s cell membrane and appear to play key roles in brain development and cell signaling.

While research is mixed, one review of clinical trials showed that in some studies, consuming omega-3s in the form of fish oil lower depression scores (8).

Although there’s no standard dose, most experts agree that most adults should get at least 250–500 mg of combined EPA and DHA per day.

Given that a 3.5-ounce (100-gram) serving of salmon provides 2,260 mg of EPA and DHA, eating this fish a few times per week is a great way to get these fats into your diet.



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SUMMARY

Fatty fish like salmon are rich in omega-3 fatty acids, which may lower your risk of depression.

2. Dark chocolate

Chocolate is rich in many mood-boosting compounds.

Its sugar may improve mood since it's a quick source of fuel for your brain.

Furthermore, it may release a cascade of feel-good compounds, such as caffeine, theobromine, and N-acyl ethanolamine — a substance chemically similar to cannabinoids that has been linked to improved mood (11, 12)

However, some experts debate whether chocolate contains enough of these compounds to trigger a psychological response.

Regardless, it's high in health-promoting flavonoids, which have been shown to increase blood flow to your brain, reduce inflammation, and boost brain health, all of which may support mood regulation.

Finally, chocolate has a high hedonic rating, meaning that its pleasurable taste, texture, and smell may also promote good mood.

Because milk chocolate contains added ingredients like sugar and fat, it's best to opt for dark chocolate — which is higher in flavonoids and lower in added sugar. You should still stick to 1–2 small squares (of 70% or more cocoa solids) at a time since it's a high calorie food.

SUMMARY

Dark chocolate is rich in compounds that may increase feel-good chemicals in your brain.

3. Fermented foods

Fermented foods, which include kimchi, yogurt, kefir, kombucha, and sauerkraut, may improve gut health and mood.

The fermentation process allows live bacteria to thrive in foods that are then able to convert sugars into alcohol and acids.

During this process, probiotics are created. These live microorganisms support the growth of healthy bacteria in your gut and may increase serotonin levels.



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It's important to note that not all fermented foods are significant sources of probiotics, such as in the case of beer, some breads, and wine, due to cooking and filtering.

Serotonin is a neurotransmitter that affects many facets of human behavior, such as mood, stress response, appetite, and sexual drive. Up to 90% of your body's serotonin is produced by your gut microbiome, or the collection of healthy bacteria in your gut.

In addition, the gut microbiome plays a role in brain health. Research is beginning to show a connection between healthy gut bacteria and lower rates of depression.

Still, more research is needed to understand how probiotics may regulate mood.

SUMMARY

Since up to 90% of your body's serotonin is produced in your gut, a healthy gut may correspond to a good mood. Fermented foods like kimchi, yogurt, kefir, kombucha, and sauerkraut are rich in probiotics that support gut health.

4. Bananas

Bananas may help turn a frown upside down.

They're high in vitamin B6, which helps synthesize feel-good neurotransmitters like dopamine and serotonin.

Furthermore, one large banana (136 grams) provides 16 grams of sugar and 3.5 grams of fiber.

When paired with fiber, sugar is released slowly into your bloodstream, allowing for stable blood sugar levels and better mood control. Blood sugar levels that are too low may lead to irritability and mood swings.

Finally, this ubiquitous tropical fruit, especially when still showing green on the peel, is an excellent source of prebiotics, a type of fiber that helps feed healthy bacteria in your gut. A robust gut microbiome is associated with lower rates of mood disorders.

SUMMARY

Bananas are a great source of natural sugar, vitamin B6, and prebiotic fiber, which work together to keep your blood sugar levels and mood stable.

5. Oats

Oats are a whole grain that can keep you in good spirits all morning. You can enjoy them in many forms, such as overnight oats, oatmeal, muesli, and granola.



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They're an excellent source of fiber, providing 8 grams in a single raw cup (81 grams).

Fiber helps slow your digestion of carbs, allowing for a gradual release of sugar into the bloodstream to keep your energy levels stable.

In one study, those who ate 1.5–6 grams of fiber at breakfast reported better mood and energy levels. This was attributed to more stable blood sugar levels, which is important for controlling mood swings and irritability.

Although other sources of whole grains can have this effect, oats may be especially advantageous, as they're also a great source of iron, with 1 raw cup (81 grams) boasting 19% of your daily needs.

Iron deficiency anemia, one of the most common nutrient deficiencies, is associated with low iron intake. Its symptoms include fatigue, sluggishness, and mood disorders.

Some research suggests that people experience improvements in these symptoms after eating iron-rich foods or supplementing with iron, but more research is needed.

SUMMARY

Oats provide fiber that can stabilize your blood sugar levels and boost your mood. They're also high in iron, which may improve mood symptoms in those with iron deficiency anemia.

6. Berries

Curiously, eating more fruits and vegetables is linked to lower rates of depression.

Although the mechanism isn't clear, a diet rich in antioxidants may help manage inflammation associated with depression and other mood disorders.

Berries pack a wide range of antioxidants and phenolic compounds, which play a key role in combatting oxidative stress — an imbalance of harmful compounds in your body.

They're particularly high in anthocyanins, a pigment that gives certain berries their purple-blue color. One study associated a diet rich in anthocyanins with a 39% lower risk of depression symptoms .

If you can't find them fresh, try buying frozen berries — which are frozen at their peak ripeness to retain the maximum amount of antioxidants.

SUMMARY

Berries are rich in disease-fighting anthocyanins, which may lower your risk of depression.



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7. Nuts and seeds

Nuts and seeds are high in plant-based proteins, healthy fats, and fiber.

Additionally, they provide tryptophan, an amino acid responsible for producing mood-boosting serotonin. Almonds, cashews, peanuts, and walnuts, as well as pumpkin, sesame, and sunflower seeds, are excellent sources.

Moreover, nuts and seeds are a large component of both the MIND and Mediterranean diets, which may support a healthy brain. Each of these diets promotes fresh, whole foods and limits your intake of processed items.

What's more, a 10-year study in 15,980 people linked moderate nut intake to a 23% lower risk of depression.

Finally, certain nuts and seeds, such as Brazil nuts, almonds, and pine nuts, are good sources of zinc and selenium. Deficiency in these minerals, which are important for brain function, is associated with higher rates of depression — although more research is needed.

SUMMARY

Certain nuts and seeds are high in tryptophan, zinc, and selenium, which may support brain function and lower your risk of depression.

8. Coffee

Coffee is the world's most popular drink, and it may make the world a bit happier, too.

The caffeine in coffee prevents a naturally occurring compound called adenosine from attaching to brain receptors that promote tiredness, therefore increasing alertness and attention.

Moreover, it increases the release of mood-boosting neurotransmitters, such as dopamine and norepinephrine.

A study in 72 people found that both caffeinated and decaffeinated coffee significantly improved mood compared with a placebo beverage, suggesting that coffee contains other compounds that influence mood.

Researchers attributed this boost in attitude to various phenolic compounds, such as chlorogenic acid. Still, more research is needed.

SUMMARY

Coffee provides numerous compounds, including caffeine and chlorogenic acid, that may boost your mood. Research suggests that decaf coffee may even have an effect.



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9. Beans and lentils

In addition to being high in fiber and plant-based protein, beans and lentils are full of feel-good nutrients.

They're an excellent source of B vitamins, which help improve mood by increasing levels of neurotransmitters like serotonin, dopamine, norepinephrine, and gamma aminobutyric acid (GABA), all of which are important for regulating mood.

Furthermore, B vitamins play a key role in nerve signaling, which allows proper communication between nerve cells. Low levels of these vitamins, especially B12 and folate, have been linked to mood disorders, such as depression.

Finally, they're a good source of zinc, magnesium, selenium, and non-heme iron, which may likewise elevate your spirits.

SUMMARY

Beans and lentils are rich sources of mood-boosting nutrients, particularly B vitamins.

The bottom line

When feeling blue, you may crave calorie-rich, high sugar foods like ice cream or cookies to try to lift your spirits.

While this might give you a sugar rush, it's unlikely to help you in the long term — and may have negative consequences as well.

Instead, you should aim for wholesome foods that have been shown to not only boost your mood but also your overall health. Try out some of the foods above to kick-start your positivity routine.

https://www.healthline.com/nutrition/mood-food?slot_pos=article_4&utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=authoritynutrition&utm_content=2021-01-07&apid=28307363&rvid=cd6b0fe9dab71f74e879395d97a1c67d9ea10d809560cbc129222bac1eb7b5fb#The-bottom-line

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