

Nutrition for Mental Health – Nutrients of Concern

Magnesium

Foods rich in magnesium may help you feel calmer by preventing low levels of magnesium in your body.

Sources of Mg

Leafy greens, nuts, legumes, seeds, whole grains, low fat dairy, dark chocolate

Snack/meal Idea

Greek yogurt topped with almonds, dark chocolate chips, and pumpkin seeds



Zinc

Foods rich in Zinc may help lower levels of anxiety.

Sources of Zn

Oysters, shellfish, meats, egg yolks, legumes, nuts, seeds, dairy, whole grains, potatoes, sweet potatoes, green beans, kale

Snack/meal Idea

Scrambled eggs with kale and cheese and a side of potatoes

Omega 3s

May help to improve depression as well as help to reduce anxiety.

Sources of O3s

Seafood (like salmon, mackerel, sardines, herring, shellfish, oysters, anchovies, caviar), seeds, oils, walnuts, soybeans

Snack/meal Idea

Flaxseed crusted salmon



Probiotics

May help to reduce anxiety.

Sources of Probiotics

Yogurt, pickles, sauerkraut, kefir, sourdough bread (typically), cottage cheese, other cheeses (swiss, provolone, gouda, cheddar, edam, gruyere), tempeh, miso soup

Snack/meal Idea

Grilled cheese on sourdough bread with a pickle on the side

B vitamins

May help with release of serotonin and dopamine for a “feel good” effect.

Sources of B vitamins

Avocados, almonds, fortified whole grains (like cereal, oats, bread, rice, pasta, etc)

Snack/meal Idea

Avocado toast on whole grain bread



Antioxidants

May help ease symptoms of anxiety disorders.

Sources of antioxidants

Legumes, various fruits (sweet cherries, blackberries, blueberries), Walnuts, peacans, kale, spinach, beets, broccoli, spices (turmeric, ginger)

Snack/meal Idea

Smoothie with leafy greens and lots of fruit