# 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, pecans, kale, spinach, beets, broccoli, spices (turmeric, ginger)

#### Snack/meal Idea
- Smoothie with leafy greens and lots of fruit