

Module 3, Lesson 7 Tool:

Nutrients Linked to Food & Mood

Researchers are still studying the exact mechanisms of how certain nutrients can decrease depression and improve mental health, but there's evidence that increasing your intake of certain healthy fats, and specific fruits, vegetables and lean protein are some ways to boost your mood. The nutrients in these foods provide a variety of antioxidative effects and are listed below.

Folate

- Asparagus
- Avocados
- Broccoli
- Brussels sprouts
- Fortified foods (breads, cereals, rice, pastas)
- Leafy greens

Healthy Fats

- Avocados
- Fatty fish (salmon, herring, mackerel, tuna)
- Flax seeds
- Olives
- Olive Oil
- Nuts and seeds (almonds, hazelnuts, sunflower seeds, walnuts)

Iron

- Enriched/fortified whole grains
- Dried fruit (apricot, raisins)
- Fish (oysters, sardines, tuna)
- Nuts and seeds (almonds, cashews, pistachios, pumpkin seeds, sunflower seeds)
- Potatoes
- Poultry
- Spinach
- Tomatoes

Magnesium

- Avocado
- Dark chocolate
- Legumes (black beans, edamame, kidney beans)
- Nuts and seeds (almonds, cashews, chia seeds, hemp, pumpkin seeds)
- Spinach
- Whole grains

Vitamin B6

- Avocados
- Bananas
- Chicken
- Eggs
- Fish (salmon, tuna)
- Milk
- Spinach
- Sweet potatoes

Vitamin B12

- Chicken
- Dairy products
- Eggs
- Fish (salmon, trout, tuna)

Vitamin D

- Egg yolk
- Fortified foods (orange juice, milk)
- Fish (halibut, salmon, sardines, tilapia, trout)
- Mushrooms
- Yeast

Zinc

- Kale
- Legumes

- Mushrooms
- Nuts and seeds (almonds, cashews, pumpkin seeds)
- Shellfish