



## NUTRITION FOR MENTAL HEALTH

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### EATING FOR A BETTER MOOD

Did you know that what you eat directly affects your mental health, and vice versa? Add these key nutrients into your diet to help improve your brain function, energy, and emotional well-being.

#### OMEGA-3'S

Essential for brain cell communication and reducing inflammation, omega-3's can be found in fatty fish like salmon or plant foods like chia seeds and nuts.

#### FIBER

Including fruits, vegetables, and whole grains in your diet feeds the good bacteria in your gut, which helps your brain produce feel-good chemicals like serotonin.

#### VITAMIN D

Adding fatty fish, eggs, and mushrooms to your diet, as well as healthy sunlight exposure, can help create neurotransmitters and support mood regulation.

#### B VITAMINS

This group of vitamins turns the food you eat into energy and supports nerve cell function. They can be found in meat, shellfish, whole grains, dairy, leafy greens, and legumes.

#### ANTIOXIDANTS

Antioxidants protect the brain from oxidative stress, which can improve brain function. Berries, nuts and seeds, and leafy greens are good sources.

#### PROBIOTICS

Aim to get a few weekly servings of yogurt, kimchi, or sauerkraut for a boost in mood and cognitive function, while supporting the gut-brain connection.



Focus on **building balanced meals** by including a source of protein, fiber-rich carbs, color, and healthy fats on your plate!

**Lifestyle matters too!** Sleep, physical activity, and stress management also play a major role in mental health. Even small habits like taking short movement breaks can make a difference in your mood!