



CONE HEALTH[®]

Wellness

FOOD FOR THOUGHT

How Nutrition Supports Your Mental Health

Whole Foods

Food additives and preservatives may contribute to hyperactivity and worsen depression. Eat real foods that are minimally processed and plant-based, like **fruits and vegetables**.



Omega-3s

These healthy fats are essential for brain health. In fact, 60% of your brain is composed of fat containing omega 3s! Not getting enough can cause learning problems and depression. Good sources include **nuts, seeds, spinach, and fish**.



Probiotics

There is a strong connection between gut health and the mind. These live bacteria are good for your digestive tract and are found in fermented foods. Sources include **sauerkraut, kimchi, miso, tempeh, kefir and yogurt**.



Vitamin D

The "sunshine vitamin" improves our mood and mental health due to its role in producing serotonin. Food sources include **fish, mushrooms, eggs, and fortified foods like milk.**



Magnesium

This essential mineral helps with everything from nerve and muscle function, to keeping a steady heartbeat. A deficiency can hurt the bacteria in your gut and cause anxiety and depression symptoms. Natural sources include **dark chocolate, almonds, cashews, leafy greens, bananas, and beans.**



Antioxidants

Antioxidants fight inflammation in the body, reducing the risk of many chronic diseases including neurodegenerative disease and brain aging. They can help improve memory and lesson symptoms of depression. Good sources include **blackberries, blueberries, broccoli, kale, beans, and turmeric.**



B Vitamins & Choline

The body uses choline and B vitamins to boost the production of neurotransmitters responsible for mood and memory. The lack of these nutrients is associated with depression and dementia. Food sources include **eggs, salmon, mushrooms, soybeans, and cauliflower.**

