

Mind Food - Eating for good mental health

| List of condition/symptoms | Nutrients your diet might lack | Food sources of those nutrients |
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| Depression | Vitamin C | Strawberries, oranges, kiwi, pineapple, cranberries, satsumas, grapefruit, cherries, blackberries, mango. Broccoli, celery, red cabbage, red peppers, watercress, tomato, pumpkin, artichokes, asparagus, Brussels sprouts, cucumber, leeks, potatoes, radishes, spinach, courgettes. |
| | Vitamin B3/B6 | Brown rice, oats, barley. Beef liver and kidneys, chicken, turkey, pork loin. Tuna, salmon, trout. Chick peas, sunflower seeds. Watercress, cabbage, peppers, potatoes, squash, courgettes, mushrooms, broccoli. Bananas (low quantities of B6) |
| | Magnesium | Oatmeal, long grain rice, barley, wheat bran. Walnuts, pistachios, peanuts, almonds. Sunflower seeds, pumpkin seeds. Strawberries, blackberries, orange, raisins, bananas. Broccoli, sprouts, peppers, watercress, spinach. |
| | Tryptophan (essential amino acid) | Almonds, pecans, peanuts, hazelnuts. Milk, cheddar, Swiss cheese. Sesame seeds, pumpkin seeds. Turkey, chicken. Soya beans, kidney beans. Bananas, figs, dates. |
| | Zinc | Mozzarella, cheddar. Kidney beans, chick peas, lentils. Chicken legs and thighs, turkey, lamb, pork, minced beef. Spinach, broccoli, asparagus. Kiwi, blackberries. Walnuts, almonds, cashews. |
| | Omega 3 | Walnuts. Salmon, mackerel, fresh tuna, trout, shrimps. |
| | Selenium | Calves liver, turkey. Shrimps, cod, halibut, salmon, tuna. Mozzarella. Sunflower seeds. Spinach, mushrooms, garlic. |
| | Folic acid | Calves liver, turkey. Lentils, chick peas, kidney beans. Spinach, lettuce, asparagus, sprouts, parsley, broccoli, green beans. Walnuts, cashews, peanuts, hazelnuts. Tuna. salmon. cod. |

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| Lack of concentration | Vitamin B1 | Fresh pasta, brown rice, oats, barley. Hazelnuts, pine nuts, pecan nuts, brazils. Asparagus, aubergines, spinach, watercress, mushrooms, broccoli, peppers. Mussels, tuna, salmon. Pork loin. |
| Lack of memory | Vitamin B5 | Wholemeal bread, granary bread, brown rice, oatmeal. Raspberries, strawberries, lemons, watermelon. Broccoli, carrots, peas, sweet potato, celery, cauliflower. Broad beans, chick peas. |
| | Vitamin B6 | Barley, oats, brown rice. Trout, salmon, tuna. Pork loin, turkey, chicken. Chick peas. Sunflower seeds. Cabbage, peppers, asparagus, potatoes, watercress. |
| | Omega 3 | Walnuts. Salmon, mackerel, fresh tuna, trout, shrimps. |
| | Vitamin B12 | Chicken, turkey, calves liver, lamb. Clams, trout, salmon, oysters, crabs, sea bass. Milk, boiled eggs. |
| Lack of appetite | Zinc | Mozzarella, Swiss cheese, cheddar. Spinach, asparagus, broccoli, squash. Kiwi fruit, blackberries. Almonds, cashew nuts, walnuts. Shrimps, mussels, oysters. Chicken legs, turkey legs, pork loin, lamb. |
| Lack of focus and motivation | Tyrosine (Non-essential amino acid) | Stilton, cheddar, Swiss cheese, mozzarella, parmesan cheese, sour cream. Spinach, avocados. Bananas, plums, raisins, prunes. Tomatoes. Soy sauce. Marmite (yeast extract). |
| | Zinc | Mozzarella, cheddar. Kidney beans, chick peas, lentils. Chicken legs and thighs, turkey, lamb, pork, minced beef. Spinach, broccoli, asparagus. Kiwi, blackberries. Walnuts, almonds, cashews. |
| Insomnia | Magnesium | Strawberries, blackberries, oranges, raisins, kiwi fruit, bananas. Pistachios, cashews, almonds, brazil nuts, macadamias. Peppers, broccoli, Brussels sprouts, spinach, watercress. Pumpkin seeds, sunflower seeds. Oatmeal, long grain rice, barley. |

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| Stress | Vitamin B3/B6 | Brown rice, oats, barley. Beef liver and kidneys, chicken, turkey, pork loin. Tuna, salmon, trout. Chick peas, sunflower seeds. Watercress, cabbage, peppers, potatoes, squash, courgettes, mushrooms, broccoli. Bananas (low quantities of B6) |
| | Magnesium | Strawberries, blackberries, oranges, raisins, kiwi fruit, bananas. Pistachios, cashews, almonds, brazil nuts, macadamias. Peppers, broccoli, Brussels sprouts, spinach, watercress. Pumpkin seeds, sunflower seeds. Oatmeal, long grain rice, barley. |
| Anger Irritability | Vitamin B6 | Barley, oats, brown rice. Trout, salmon, tuna. Pork loin, turkey, chicken. Chick peas. Sunflower seeds. Cabbage, peppers, asparagus, potatoes, watercress. |
| | Magnesium | Strawberries, blackberries, oranges, raisins, kiwi fruit, bananas. Pistachios, cashews, almonds, brazil nuts, macadamias. Peppers, broccoli, Brussels sprouts, spinach, watercress. Pumpkin seeds, sunflower seeds. Oatmeal, long grain rice, barley. |
| | Selenium | Calves liver, turkey. Shrimps, cod, halibut, salmon, tuna. Mozzarella. Sunflower seeds. Spinach, mushrooms, garlic. |
| Anxiety | Magnesium | Strawberries, blackberries, oranges, raisins, kiwi fruit, bananas. Pistachios, cashews, almonds, brazil nuts, macadamias. Peppers, broccoli, Brussels sprouts, spinach, watercress. Pumpkin seeds, sunflower seeds. Oatmeal, long grain rice, barley. |
| | Folic acid | Calves liver, turkey. Lentils, chick peas, kidney beans. Spinach, lettuce, asparagus, sprouts, parsley, broccoli, green beans. Walnuts, cashews, peanuts, hazelnuts. Tuna, salmon, cod. |

This information is intended as a guide only. If you are experiencing any mental health problem you should seek expert medical advice immediately. Please be also aware that some foods might cause allergic reactions.