

## EMPLOYEE ASSISTANCE PROGRAM

# EATING WELL FOR YOUR MENTAL HEALTH

Nutrition and mental health are interconnected. The foods we eat affect our mental health, and our mental health status affects what and how well we eat. A healthy diet benefits your overall wellbeing, and consuming brain-healthy foods may help reduce your risk of depression and anxiety.

Look for recipes that include these brain-healthy ingredients and incorporate them into your meal planning.

**Whole grains:** Oatmeal, whole wheat bread, corn tortillas, barley and quinoa can reduce inflammation, aid the brain's neurotransmitters, and lessen depression symptoms.

**Fish:** Salmon, trout, tuna and herring are good sources of omega-3 fatty acids, which the body uses to build brain and nerve cells.

**Berries:** Blueberries, strawberries, raspberries and blackberries consumed two or more times per week may contribute to peak brain health.

**Nuts and legumes:** Walnuts, cashews, almonds and peanuts are rich in amino acids, which may benefit mood regulation.



Sources: American Society for Nutrition, Harvard Health Publishing, EatingWell.com, Healthwise, Mayo Clinic