



ALLwaysJoy™

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Nutritional Recommendations to Help Fight Depression and Anxiety

Smart food and beverage choices may help your body's ability to regulate and lessen depression and anxiety. To ensure you are empowering your optimal well-being, eat these foods to help decrease the darkness of depression and anxiety and increase your light of positivity:

Folates: spinach, asparagus, beans, eggs, fresh fruits, peanuts, romaine lettuce, seafood, spinach, whole grains

Iron: Heme (from animal sources and stronger in absorption by body than Non-Heme plant-based sources): beef, clams, eggs, lamb, shrimp, tuna;
Non-Heme: beans, peas, spinach, sweet potatoes, strawberries, watermelon

Magnesium: avocado, banana, broccoli, cabbage, dark chocolate, kale, nuts, peas, raspberries, salmon, spinach

Omega-3 Fatty Acids: chia seeds, flaxseed, hemp seeds, mackerel, salmon

Potassium: apricots, bananas, beans, oranges, salmon, spinach, sweet potatoes, yogurt, zucchini

Selenium: beef, fortified breakfast cereals, brown rice, chicken, milk, shellfish turkey, whole grain, yogurt →

Vitamin A: beef liver, cantaloupe, carrots, dark green leafy vegetables, grapefruit, mangoes, papayas, pumpkin, red peppers, spinach, squashes, sweet potatoes

Vitamin B6: bananas, beef liver, chicken breast, chickpeas, cottage cheese, onions, potatoes, raisins, rice, salmon, turkey, tuna

Vitamin B12: clams, cheese, eggs, beef liver, fortified breakfast cereals, salmon, tuna, trout, yogurt

Vitamin C: bell peppers chili peppers, broccoli, brussel sprouts, cauliflower, kale, kiwi, mango, oranges, papaya, pineapple, strawberries

Thiamine: asparagus, beans, brown rice, fish, fortified breakfast cereals, peas, nuts, pork, seafood, seeds, squash

Zinc: cashews, chickpeas, chicken, cocoa powder, grass fed beef, crab, eggs, kefir, lamb, lobster, mushrooms, oatmeal, oysters, pumpkin seeds, spinach, tofu, yogurt

Studies show nutritional deficiencies can disrupt and/or block our body's neurotransmitters, cause inflammation and metabolic disorders, create insulin crashes and hamper our body's overall immune system—all factors that can affect our mood control, lead to cognitive impairment, depression and anxiety.

Increase your energy, mood and overall well-being by eliminating artificial sweeteners, refined sugars, hydrogenated oils, processed foods, and limiting alcohol, caffeine and dairy consumption.

You have most likely read or heard this information countless times.

Convert your knowledge to action by pledging today to live a holistic life of well-being. That alone, will increase your spirit.

Live the life you deserve to become. ALLways.

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