

Nutrients Table

What we eat affects our mental health. Good nutrition can be just as important for our minds as it is for our bodies.

If you find that your mood changes after meals and snacks, it may be that you're lacking the nutrients that can help promote good mental health. Use the table below to learn what your diet might be missing and what foods might make a difference to your mental health.

| Are you experiencing? | Your diet may lack | Foods which contain these nutrients |
|--------------------------------|--------------------|--|
| Anxiety | Folic Acid | Veg: spinach, lettuce, asparagus, beetroot, savoy cabbage, bok choy, broccoli, green peas, fresh parsley, brussels sprouts, avocados, cauliflower Fish: cod, tuna, salmon, halibut, shrimp Meat: calf's liver, turkey Nuts and seeds: peanuts, sesame seeds, hazelnuts, cashews, walnuts Beans and pulses: lentils, chickpeas, black beans, kidney beans, pinto beans Fruit: oranges |
| | Magnesium | Veg: spinach, watercress, avocado, peppers, broccoli, brussels sprouts, green cabbage, watercress Nuts and seeds: almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan, pumpkin, sunflower and poppy seeds Wholegrains: oatmeal, bran, long grain rice, buckwheat, barley, quinoa Dairy: plain yoghurt Beans and pulses: baked beans Fruit: banana, kiwi, blackberries, strawberries, oranges, raisins Sweet: chocolate |
| Poor Concentration & Attention | Vitamin B1 | Wholegrain: spelt bread, oats, brown rice, barley, fresh pasta Pulses and beans: lentils, soya milk Veg: peppers, cabbage, broccoli, asparagus, romaine lettuce, mushrooms, spinach, watercress, green peas, aubergine, brussel sprouts Nuts and seeds: sunflower seeds, Brazil nuts, hazelnuts, pecans, pine nuts, pistachios, sesame seeds Fish/seafood: tuna, salmon, mussels Meat: pork |
| Depression | Vitamin B3 | Wholegrains: brown rice, rice bran, wheatgerm Veg: broccoli, mushrooms, cabbage, brussels sprouts, courgette, squash Nuts: peanuts Meat: beef liver, beef kidney, pork, turkey, chicken Fish: tuna, salmon Seeds: sunflower seeds |
| | Vitamin B6 | Wholegrains: brown rice, oats, bran, barley Fruit: bananas, mango Fish: tuna, trout, salmon Veg: avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potatoes Meat: chicken, pork loin, turkey Beans and pulses: lima beans, soy beans, chickpeas Seeds: sunflower seeds |



Visit our website for more on diet and mental health: www.mentalhealth.org.uk/food

Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.

| Are you experiencing? | Your diet may lack | Foods which contain these nutrients |
|-----------------------|---------------------|--|
| Depression | Vitamin C | Veg: red pepper, red cabbage, broccoli, brussels sprouts, cauliflower, kale, celery, squash, cabbage, watercress Fresh fruit: strawberries, oranges, tangerines, kiwi, cantaloupe, papaya, cranberries, pineapple |
| | Folic Acid | Veg: spinach, lettuce, asparagus, beetroot, savoy cabbage, bok choy, broccoli, green peas, fresh parsley, brussels sprouts, avocados, cauliflower Fish: cod, tuna, salmon, halibut, shrimp Meat: calf's liver, turkey Nuts and seeds: peanuts, sesame seeds, hazelnuts, cashews, walnuts Beans and pulses: lentils, chickpeas, black beans, kidney beans, pinto beans Fruit: oranges |
| | Magnesium | Veg: spinach, watercress, avocado, peppers, broccoli, brussels sprouts, green cabbage, watercress Nuts and seeds: almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan, pumpkin, sunflower and poppy seeds Wholegrains: oatmeal, bran, long grain rice, buckwheat, barley, quinoa Dairy: plain yoghurt Beans and pulses: baked beans Fruit: banana, kiwi, blackberries, strawberries, oranges, raisins Sweet: chocolate |
| | Selenium | Wholegrains: wheat germ, brewers yeast Meat: calf liver, turkey breast Fish: cod, tuna, halibut, salmon, shrimp Veg: mushrooms, garlic, spinach Nuts: brazil nuts Beans and pulses: tofu Wholegrains: barley, rye, oats, long grain brown rice Dairy: mozzarella cheese Seeds: mustard, sunflower |
| | Zinc | Seafood/fish: oysters, mussels, shrimp Cereals: fortified breakfast cereal Nuts: cashews, walnuts, almonds Dairy: mozzarella, Swiss cheese, cheddar cheese, low fat yoghurt Beans and pulses: chickpeas, kidney beans, baked beans, lima beans, lentils, miso Meat: chicken (dark meat), turkey, lamb, pork, mince beef Seeds: pumpkin, sesame Veg: spinach, mushrooms, squash, asparagus, broccoli Fruit: blackberries, kiwi |
| | Omega 3 fatty acids | Fish: Salmon, sardines, mackerel, scallops, fresh tuna, halibut, shrimp, cod, trout Seeds: Flaxseed Nuts: Walnuts |
| | Tyrosine | Lean meat: turkey, tuna, chicken liver, beef liver Dairy: cheddar, stilton, boursault, camembert, emmenthal, gruyere, mozzarella, parmesan, swiss cheeses, sour cream Veg: avocados, green beans, tofu, miso soup, soy sauce, spinach, yeast extract (Marmiteetc) Fruit: bananas, tinned figs, plums, raisins, tomatoes, prunes |

Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.

| Are you experiencing? | Your diet may lack | Foods which contain these nutrients |
|-----------------------|--------------------------------|---|
| Depression | Tryptophan | <p>Lean meat: Skinless turkey, skinless chicken</p> <p>Dairy: plain yoghurt, milk, eggs, cheddar, gruyere, swiss cheese, cottage cheese</p> <p>Nuts: almonds, pistachios, pecan, hazelnuts, peanuts/soy nuts</p> <p>Seeds: poppy, pumpkin, sesame seeds</p> <p>Beans and pulses: lentils, chick peas (hummus), kidney, lima beans, soya</p> <p>Veg: spinach, watercress, cabbage</p> |
| | GABA (gamma-aminobutyric acid) | Wholegrains |
| Poor Memory | Vitamin B5 | <p>Wholegrains: oats, brown rice, wheatgerm, bran, brown bread</p> <p>Dairy: yoghurt</p> <p>Fruits: watermelon, blackberries, lemons, raspberries, strawberries</p> <p>Veg: broccoli, watercress, cauliflower, alfalfa sprouts, peas, carrots, celery, avocados, sweet potatoes, mushrooms</p> <p>Beans and pulses: broad beans, chick peas</p> |
| | Vitamin B6 | <p>Wholegrains: brown rice, oats, bran, barley</p> <p>Fruit: bananas, mango</p> <p>Fish: tuna, trout, salmon</p> <p>Veg: avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potatoes</p> <p>Meat: chicken, pork loin, turkey</p> <p>Beans and pulses: lima beans, soy beans, chickpeas</p> <p>Seeds: sunflower seeds</p> |
| | Vitamin B12 | <p>Meat: calf liver, chicken, turkey, lamb</p> <p>Fish/seafood: salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams</p> <p>Dairy: cottage cheese, low fat yoghurt, boiled or poached eggs, milk</p> |
| | Omega 3 fatty acids | <p>Fish: Salmon, sardines, mackerel, scallops, fresh tuna, halibut, shrimp, cod, trout</p> <p>Seeds: Flaxseed</p> <p>Nuts: Walnuts</p> |
| Irritability | Vitamin B6 | <p>Wholegrains: brown rice, oats, bran, barley</p> <p>Fruit: bananas, mango</p> <p>Fish: tuna, trout, salmon</p> <p>Veg: avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potatoes</p> <p>Meat: chicken, pork loin, turkey</p> <p>Beans and pulses: lima beans, soy beans, chickpeas</p> <p>Seeds: sunflower seeds</p> |
| | Selenium | <p>Wholegrains: wheat germ, brewers yeast</p> <p>Meat: calf liver, turkey breast</p> <p>Fish: cod, tuna, halibut, salmon, shrimp</p> <p>Veg: mushrooms, garlic, spinach</p> <p>Nuts: brazil nuts</p> <p>Beans and pulses: tofu</p> <p>Wholegrains: barley, rye, oats, long grain brown rice</p> <p>Dairy: mozzarella cheese</p> <p>Seeds: mustard, sunflower</p> |

Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.

| Are you experiencing? | Your diet may lack | Foods which contain these nutrients |
|-----------------------|--------------------|---|
| Irritability | Magnesium | <p>Veg: spinach, watercress, avocado, peppers, broccoli, brussels sprouts, green cabbage, watercress</p> <p>Nuts and seeds: almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan, pumpkin, sunflower and poppy seeds</p> <p>Wholegrains: oatmeal, bran, long grain rice, buckwheat, barley, quinoa</p> <p>Dairy: plain yoghurt</p> <p>Beans and pulses: baked beans</p> <p>Fruit: banana, kiwi, blackberries, strawberries, oranges, raisins</p> <p>Sweet: chocolate</p> |
| Stress | Vitamin B6 | <p>Wholegrains: brown rice, oats, bran, barley</p> <p>Fruit: bananas, mango</p> <p>Fish: tuna, trout, salmon</p> <p>Veg: avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potatoes</p> <p>Meat: chicken, pork loin, turkey</p> <p>Beans and pulses: lima beans, soy beans, chickpeas</p> <p>Seeds: sunflower seeds</p> |
| | Vitamin B3 | <p>Wholegrains: brown rice, rice bran, wheatgerm</p> <p>Veg: broccoli, mushrooms, cabbage, brussels sprouts, courgette, squash</p> <p>Nuts: peanuts</p> <p>Meat: beef liver, beef kidney, pork, turkey, chicken</p> <p>Fish: tuna, salmon</p> <p>Seeds: sunflower seeds</p> |
| | Magnesium | <p>Veg: spinach, watercress, avocado, peppers, broccoli, brussels sprouts, green cabbage, watercress</p> <p>Nuts and seeds: almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan, pumpkin, sunflower and poppy seeds</p> <p>Wholegrains: oatmeal, bran, long grain rice, buckwheat, barley, quinoa</p> <p>Dairy: plain yoghurt</p> <p>Beans and pulses: baked beans</p> <p>Fruit: banana, kiwi, blackberries, strawberries, oranges, raisins</p> <p>Sweet: chocolate</p> |
| Confusion | Vitamin B12 | <p>Meat: calf liver, chicken, turkey, lamb</p> <p>Fish/seafood: salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams</p> <p>Dairy: cottage cheese, low fat yoghurt, boiled or poached eggs, milk</p> |
| | Zinc | <p>Seafood/fish: oysters, mussels, shrimp</p> <p>Cereals: fortified breakfast cereal</p> <p>Nuts: cashews, walnuts, almonds</p> <p>Dairy: mozzarella, Swiss cheese, cheddar cheese, low fat yoghurt</p> <p>Beans and pulses: chickpeas, kidney beans, baked beans, lima beans, lentils, miso</p> <p>Meat: chicken (dark meat), turkey, lamb, pork, mince beef</p> <p>Seeds: pumpkin, sesame</p> <p>Veg: spinach, mushrooms, squash, asparagus, broccoli</p> <p>Fruit: blackberries, kiwi</p> |

Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.

| Are you experiencing? | Your diet may lack | Foods which contain these nutrients |
|-----------------------|--------------------|---|
| Insomnia | Magnesium | <p>Veg: spinach, watercress, avocado, peppers, broccoli, brussels sprouts, green cabbage, watercress</p> <p>Nuts and seeds: almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan, pumpkin, sunflower and poppy seeds</p> <p>Wholegrains: oatmeal, bran, long grain rice, buckwheat, barley, quinoa</p> <p>Dairy: plain yoghurt</p> <p>Beans and pulses: baked beans</p> <p>Fruit: banana, kiwi, blackberries, strawberries, oranges, raisins</p> <p>Sweet: chocolate</p> |
| Blank mind | Zinc | <p>Seafood/fish: oysters, mussels, shrimp</p> <p>Cereals: fortified breakfast cereal</p> <p>Nuts: cashews, walnuts, almonds</p> <p>Dairy: mozzarella, Swiss cheese, cheddar cheese, low fat yoghurt</p> <p>Beans and pulses: chickpeas, kidney beans, baked beans, lima beans, lentils, miso</p> <p>Meat: chicken (dark meat), turkey, lamb, pork, mince beef</p> <p>Seeds: pumpkin, sesame</p> <p>Veg: spinach, mushrooms, squash, asparagus, broccoli</p> <p>Fruit: blackberries, kiwi</p> |
| Loss of appetite | Zinc | <p>Seafood/fish: oysters, mussels, shrimp</p> <p>Cereals: fortified breakfast cereal</p> <p>Nuts: cashews, walnuts, almonds</p> <p>Dairy: mozzarella, Swiss cheese, cheddar cheese, low fat yoghurt</p> <p>Beans and pulses: chickpeas, kidney beans, baked beans, lima beans, lentils, miso</p> <p>Meat: chicken (dark meat), turkey, lamb, pork, mince beef</p> <p>Seeds: pumpkin, sesame</p> <p>Veg: spinach, mushrooms, squash, asparagus, broccoli</p> <p>Fruit: blackberries, kiwi</p> |
| Lack of motivation | Zinc | <p>Seafood/fish: oysters, mussels, shrimp</p> <p>Cereals: fortified breakfast cereal</p> <p>Nuts: cashews, walnuts, almonds</p> <p>Dairy: mozzarella, Swiss cheese, cheddar cheese, low fat yoghurt</p> <p>Beans and pulses: chickpeas, kidney beans, baked beans, lima beans, lentils, miso</p> <p>Meat: chicken (dark meat), turkey, lamb, pork, mince beef</p> <p>Seeds: pumpkin, sesame</p> <p>Veg: spinach, mushrooms, squash, asparagus, broccoli</p> <p>Fruit: blackberries, kiwi</p> |
| | Tyrosine | <p>Lean meat: turkey, tuna, chicken liver, beef liver</p> <p>Dairy: cheddar, stilton, boursault, camembert, emmenthal, gruyere, mozzarella, parmesan, swiss cheeses, sour cream</p> <p>Veg: avocados, green beans, tofu, miso soup, soy sauce, spinach, yeast extract (Marmiteetc)</p> <p>Fruit: bananas, tinned figs, plums, raisins, tomatoes, prunes</p> |

Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.