



- *DID YOU KNOW EATING A BALANCED AND HEALTHY DIET POSITIVELY IMPACTS OUR MENTAL HEALTH*

## EATING WELL FOR MENTAL HEALTH

- Focus on fruits and vegetables
- Eat foods like fish for the omega 3 fatty acids
- Eat dark green leafy vegetables
- Snack on nuts and seeds and legumes such as beans and lentils.

Tips to stay on track:

Pay more attention to when and what you eat, this is the first step in making sure you're getting well-balanced meals and snacks.

### BRAIN FOODS:

- Complex carbohydrates such as brown rice, starchy vegetables for energy.
- Quinoa, millet beets and sweet potatoes have more nutritional value and keep you fuller for longer.
- Lean proteins such as chicken, meat, fish, eggs, soy, nuts, and seeds are crucial for proper brain function.
- Consume plenty of healthy fats, such as olive oil, coconut oil and avocado. This will support your brain function.

*Most importantly don't forget to have fun and stay socially active*

*Social connections support and comfort us and eliminates loneliness*