

TOP 12 NUTRIENTS TO FIGHT DEPRESSION

How much?
 900 mcg RAE  700-1300 mcg RAE

1.2 mg  1.1-1.4 mg

1.7 mg  1.7-2.0 mg

400 mcg  400-600 mcg

2.4 mcg  2.4-2.8 mcg

90 mg  75-120 mg

3000 mg EPA, DHA  3000 mg EPA, DHA

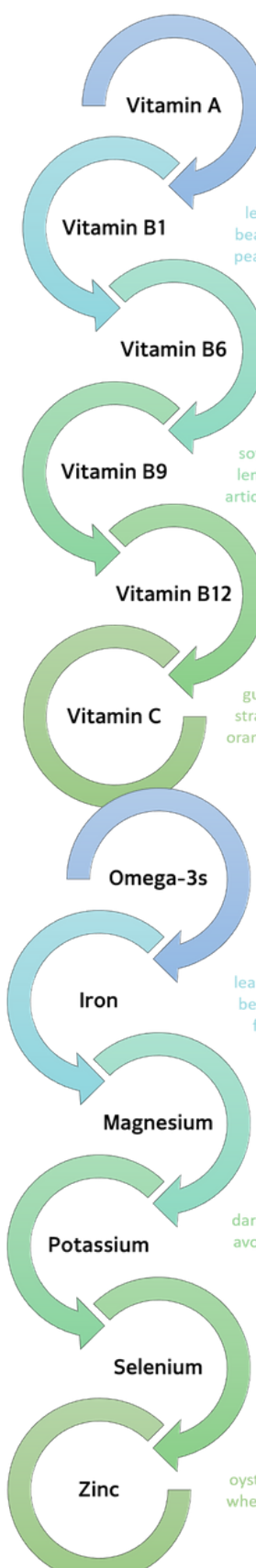
8 mg  18-27 mg

420 mg  320-360 mg

4700 mg  4700-5100 mg

55 mcg  55-70 mcg

11 mg  8-12 mg



Vitamin A
 sweet potatoes, carrots, winter squashes, dark leafy greens, cantaloupe, lettuce, bell peppers, broccoli, grapefruit

Vitamin B1
 lean meats, fish, flax seeds, beans, tofu, brown rice, green peas, acorn squash, asparagus

Vitamin B6
 lean meats, fish, tofu, chickpeas, sweet potatoes, avocados

Vitamin B9
 soybeans and tofu, beans, lentils, asparagus, spinach, artichokes, broccoli, avocados

Vitamin B12
 lean meats, fish, eggs, dairy, fortified tofu and cereals, nutritional yeast

Vitamin C
 guavas, bell peppers, kiwifruit, strawberries, papaya, pineapple, oranges, broccoli, brussels sprouts, cabbage, tomatoes, kale

Omega-3s
 walnuts, chia seeds, flax seeds, fish, fish oil or seaweed-based supplements

Iron
 lean meats, fish, nuts and seeds, beans, dark chocolate, spinach, fortified breads and cereals

Magnesium
 spinach, swiss chard, pumpkin seeds, beans, tuna, brown rice, almonds, dark chocolate, avocados, non-fat yogurt, bananas

Potassium
 dark leafy greens, fish, beans, avocados, acorn squash, low-fat dairy, mushrooms, bananas

Selenium
 brazil nuts, tofu, whole grains, mushrooms, seeds (e.g. sunflower, chia, flax), oysters, fish, lean turkey and chicken

Zinc
 oysters, tofu, fortified cereals, wheat germ, chickpeas, lentils, hemp seeds, oatmeal

