

10 TOP FOODS & TIPS TO SUPPORT YOUR MENTAL HEALTH

How can what we eat help reduce feelings of depression? That's the question the MoodFOOD research project set out to answer. After looking at all the evidence they found that there is no magic food or supplement that can offer a quick fix. When it comes to supporting mental health through food it's about eating a healthy dietary pattern throughout the day, every day.

See our top foods and tips for putting this into action and eating a healthy dietary pattern below.

1 VEGETABLES

The more vegetables you eat the better!



2 FRUIT

Sweeten up your mood by eating fruit every day. It's packed with vitamins and fiber plus makes a great snack.



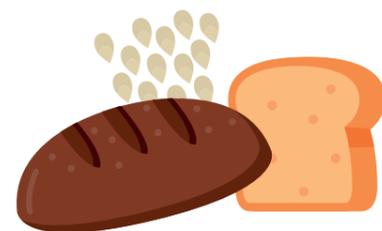
3 FISH

Fish is a crucial part of a healthy diet, aim for at least 1 serving of sustainably sourced oily fish a week.



4 WHOLEGRAINS

Wholegrain breads and cereals, rice and pasta are important for keeping us fueled and energised.



5 HEALTHY OILS

There's no need to avoid oils - just choose healthy oils for cooking and salad dressings like rapeseed, sunflower & olive oil.



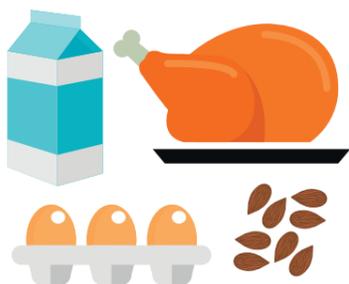
6 LEGUMES

Legumes like lentils, beans and chickpeas are affordable, nutritious and delicious. Many of us aren't eating enough of them! So load up on legumes.



7 NUTS, EGGS & DAIRY PRODUCTS

Eaten in moderation unsalted nuts, eggs, poultry and dairy products can all be part of a healthy dietary pattern.



8 FOODS TO LIMIT

Cut back on red meat and avoid processed meats. If you drink alcohol, do so only in moderation.



9 TAKE SMALL STEPS EVERY DAY

You don't have to achieve everything at once. Take small, conscious steps towards a healthy dietary pattern every day.



10 FOLLOW YOUR NATIONAL DIETARY GUIDELINES

Looking for more information on eating a healthy dietary pattern? Check out your national dietary guidelines.

HEALTHY BONUS

A healthy dietary pattern may not only support your mental health, it may also help protect you from:

- ✓ Heart Disease
- ✓ Type 2 Diabetes
- ✓ Cancer

REACH OUT

If you are suffering from depression, reach out. Let your health care provider know so they can make sure you get the help and care you need. For more information on MoodFOOD, visit www.moodfood-vu.eu