

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

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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

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Depression	Tryptophan	Lean meat: Skinless turkey, skinless chicken Dairy: plain yoghurt, milk, eggs, cheddar, gruyere, swiss cheese, cottage cheese Nuts: almonds, pistachios, pecan, hazelnuts, peanuts/soy nuts Seeds: poppy, pumpkin, sesame seeds Beans and pulses: lentils, chick peas (hummus), kidney, lima beans, soya Veg: spinach, watercress, cabbage
	GABA (gamma-aminobutyric acid)	Wholegrains
Poor Memory	Vitamin B5	Wholegrains: oats, brown rice, wheatgerm, bran, brown bread Dairy: yoghurt Fruits: watermelon, blackberries, lemons, raspberries, strawberries Veg: broccoli, watercress, cauliflower, alfalfa sprouts, peas, carrots, celery, avocados, sweet potatoes, mushrooms Beans and pulses: broad beans, chick peas
	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
	Vitamin B12	Meat: calf liver, chicken, turkey, lamb Fish/seafood: salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams Dairy: cottage cheese, low fat yoghurt, boiled or poached eggs, milk
	Omega 3 fatty acids	Fish: Salmon, sardines, mackerel, scallops, fresh tuna, halibut, shrimp, cod, trout Seeds: Flaxseed Nuts: Walnuts
Irritability	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
	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

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Irritability	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
Stress	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
	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
	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
Confusion	Vitamin B12	Meat: calf liver, chicken, turkey, lamb Fish/seafood: salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams Dairy: cottage cheese, low fat yoghurt, boiled or poached eggs, milk
	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

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Insomnia	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
Blank mind	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
Loss of appetite	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
Lack of motivation	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
	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

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