

MOOD & BRAIN SUPPORTING MICRONUTRIENTS



OMEGA-3/N-3 ESSENTIAL FATTY ACIDS

Research shows that increasing essential fatty acids have an effect on the prevention and treatment of anxiety and depression. Additionally, Omega-3 can optimize mood stability & cognitive function. (Fish, chia seeds, walnuts, seeds, seaweed, olive oil, etc.)

VITAMIN B-12

Critical brain nutrient that is needed for production of serotonin (mood stabilizer chemical), and may prevent the loss of neurons. (Liver, shellfish, crab, fermented cheese, eggs, tofu, etc.)



VITAMIN B

Produce energy needed to develop new brain cells. (Salmon, leafy greens, liver, eggs, beef, oysters, legumes, chicken, turkey and yogurt)

VITAMIN C

Crucial to cognitive performance. Helps the maturation of neurons and the formation of the myelin sheath that protects neurons and speeds impulse transmissions. (citrus fruit, peppers, strawberries, broccoli, etc.)



VITAMIN D

Helps to support the growth of new brain cells and serotonin production. Low levels of Vitamin D have been correlated to memory loss. (salmon, sardines, tuna, egg yolks, fortified dairy, etc.)

VITAMIN E

An antioxidant that protects cells from damage associated with oxidative stress. (sunflower seeds, almonds, peanuts, spinach, pumpkin, red bell pepper, plant-based oils)



MOOD & BRAIN SUPPORTING MINERALS



MAGNESIUM

Acts as the gatekeeper for NMDA receptors, which are involved in healthy brain development. (seeds, almonds, spinach, cashews, peanuts)

ZINC

Maintains integrity of DNA that helps the brain direct all cellular activities. (lamb, pumpkin seeds, grass-fed beef, garbanzo beans, cashews, yogurt, mushrooms, spinach)



POTASSIUM

An electrolyte that acts as a "brake" for the central nervous system. Low potassium can equal anxiety, worry, and restlessness. (avocado, pineapple, tomatoes, dried apricots, potatoes, coconut water, spinach, melon)

RESOURCES & TRAINING

SAMHSA'S NATIONAL CENTER OF EXCELLENCE FOR EATING DISORDERS (NCEED)

The purpose of this program is to establish one National Center of Excellence to develop and disseminate training and technical assistance for healthcare practitioners on issues related to addressing eating disorders. This center of excellence will facilitate the identification of model programs, develop and update materials related to eating disorders, and ensure that high-quality training is provided to health professionals. <https://www.nceedus.org/>



NUTRITION & MENTAL HEALTH TRAINING: HRSA/SAMHSA PUBLIC HEALTH TRAINING CENTER

Free online program to help health educators, nurses, dieticians, and behavioral health providers incorporate the science of nutrition into the treatment and prevention of depression, anxiety and substance use disorder. CEUs are provided for health educators.

<https://moodle.publichealth.arizona.edu/course/view.php?id=204>