



HAPPY!

5 key nutrients which can help prevent and protect us from depression

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Nutrient	Food Sources
<p>Folic Acid (B-Vitamin)</p>	<p>Green Leafy Veg - Spinach, lettuce, asparagus, beets, savoy cabbage, broccoli, green peas, fresh parsley, brussel sprouts, avocados, cauliflower, avocado Fish – cod, tuna, salmon, halibut, shrimp Meat – calf’s liver, turkey Nuts/Seeds – peanuts, sesame seeds, hazel nuts, cashew nuts, walnuts Beans/Pulses – lentils, chick peas, black beans, kidney beans, pinto beans Fruit – oranges</p>
<p>Omega 3 fatty acids (Essential Fatty Acids)</p>	<p>Fish – salmon, sardines, mackerel, scallops, fresh tuna, halibut, shrimp, cod, trout Seeds – flaxseeds Nuts – walnuts</p>
<p>Selenium (Mineral)</p>	<p>Wholegrains – wheat germ, brewers yeast Meat – calf liver, turkey breast Fish/seafood – cod, tuna, halibut, salmon, shrimp, Vegetables – mushrooms, garlic, spinach / sunflower seeds / legumes – tofu Nuts – brazil (just 2-3 per day for optimum intake) Wholegrains – barley, rye, oats, long grain brown rice Dairy – mozzarella cheese Seeds – mustard, sunflower</p>
<p>Tryptophan (Amino Acid)</p>	<p>Lean meat – skinless turkey, skinless chicken Dairy – plain yoghurt, milk, eggs, cheddar, gruyere, swiss, cottage cheeses Nuts – almonds, pistachios, pecan, hazelnuts, peanuts/soy nuts Seeds – poppy, pumpkin, sesame seeds Pulses – lentils, chick peas (hummus) Legumes – kidney, lima beans, soya Vegetables – spinach, watercress, cabbage Wholegrains – porridge oats, brown rice Fruits – bananas, pineapple, plums, dates, figs, prunes</p>
<p>Zinc (Mineral)</p>	<p>Fish/seafood – oysters, mussels, shrimp Cereals – fortified breakfast cereal Nuts – cashews, walnuts, almonds Dairy – mozzarella, swiss, cheddar cheeses, low fat yoghurt Pulses – chick peas, kidney beans, baked beans, lima beans Legumes – lentils, miso Meat – chicken (dark meat), turkey, lamb, pork, ground beef Seeds – pumpkin, sesame Vegetables – spinach, mushrooms, squash, asparagus, broccoli Fruit –blackberries, kiwi</p>