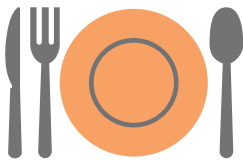


Food for Thought: Nutrition Tips to Improve Your Mood

Adequate nutrition plays an important role in mental health and wellbeing. Try the tips below to keep your mind and body well nourished.

EAT REGULAR MEALS AND SNACKS THROUGHOUT THE DAY



Eating consistently throughout the day can help keep blood sugar levels steady. This is important because blood sugar spikes and drastic drops are associated with mood swings and may exacerbate symptoms of anxiety and depression.

EAT A VARIETY OF FRUITS AND VEGETABLES



Fruits and vegetables contain a wide range of vitamins and minerals that support brain health. Aim to include a variety of colors in your diet. Fresh, frozen, and canned produce are all nutritious.

EAT SOURCES OF OMEGA 3- FATTY ACIDS



Omega-3 fats help reduce inflammation. A low intake of Omega-3s is associated with mental health conditions like depression. Foods rich in omega-3s include fish, sardines, walnuts, kidney beans, and soybeans.