Nutrients that Help Relieve Depression

Folate:
- Folate may increase the effectiveness of other treatments for depression. The recommended intake is 400 mcg folate per day.
- Good food sources of folate include: fortified cereals, liver, cooked dried beans, orange juice, and green vegetables such as okra, spinach and asparagus

Vitamin B6:
- Low levels of vitamin B6 may be associated with depression
- After age 50, men need 1.7 mg vitamin B6 each day. Good food sources include: fortified cereals, cooked dried beans, fish, liver, potatoes, poultry, tomato paste, prune juice and bananas

Vitamin B12:
- Low vitamin B12 blood levels have been linked to depression
- Men should get 2.4 mcg vitamin B12 each day. After age 50, get most of this vitamin from foods fortified with vitamin B12 or from a vitamin B12 supplement

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Nutrients that Help Relieve Depression, and Support Mental Health

<u>Omega-3 fats:</u>
- Omega-3 fats may help improve mood and relieve depression.

- To meet your need for omega-3 fats:
  - Eat three servings a week of cold water fish, such as salmon, tuna, lake trout, mackerel, herring, flounder and sardines. (Note: The Food and Drug Administration recommends eating no more than 12 ounces of all kinds of fish each week.)
  - Or, eat one tablespoon a day of canola oil, flaxseed oil, or ground flaxseed
  - Or, eat a small handful of walnuts each day

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