

optimal foods for depression

these foods contain more of the nutrients associated with depression (i.e. magnesium, zinc, selenium, vitamin A, vitamin E, vitamin D, vitamin C, riboflavin, vitamin B-6, folate, vitamin B-12 & cysteine).

vegetables & fruit

- spinach
- watercress
- coriander
- Chinese cabbage
- chard
- asparagus
- chicory greens
- brown mushrooms
- lettuce
- broccoli
- parsley
- endive
- beet greens
- seaweed (laver)
- zucchini
- chives
- mustard greens
- red peppers
- arugula
- white mushroom
- collards
- portabella mushrooms
- cauliflower
- escarole
- okra
- turnip greens
- banana pepper
- celery
- alfalfa
- kale
- mung beans
- shiitake mushroom
- cabbage
- Brussel sprouts
- radicchio
- yeast extract spread
- sauerkraut
- summer squash
- pumpkin
- seaweed (kelp)
- seaweed (wakame)

- radishes
- snap beans
- artichokes
- butternut squash
- peas
- onions
- winter squash
- jalapeno peppers
- spirulina
- chayote
- carrots
- red cabbage
- edamame

spices

- basil
- dill
- paprika
- sage
- mustard seed
- tarragon
- thyme
- marjoram
- curry powder

animal products

- chicken liver
- beef liver
- veal liver
- turkey liver
- pork liver
- turkey heart
- chicken liver pate
- lamb liver
- beef heart
- lamb kidney
- veal
- beef kidney
- chicken breast
- ham (lean only)
- sirloin steak
- steak (lean)

- ground beef
- turkey gizzard
- ground pork
- pork shoulder
- chuck steak
- pork chop
- beef brains
- turkey
- turkey drumstick
- leg ham

seafood

- fish roe
- molluscs
- crab
- caviar
- oysters
- cod
- salmon
- octopus
- halibut
- pollock
- crayfish
- lobster
- rockfish
- shrimp
- white fish
- haddock
- clam
- trout
- flounder
- herring
- whiting
- sturgeon
- perch
- anchovy
- tuna
- mackerel
- sardine

nuts & seeds

- whole egg
- egg yolk