

optimal foods for depression

These foods emphasise the nutrients associated with depression (i.e. choline, omega 3, magnesium, vitamin E, folate, zinc, vitamin B6, selenium, vitamin A, vitamin C, vitamin B12, cysteine and glutamine). From a macronutrient perspective, these foods are 59% protein, 21% fat and 12% net carbohydrates with an energy density of 114 calories per 100g.

vegetables

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

- radishes
- carrots
- pumpkin
- snap beans
- alfalfa
- edamame
- butternut squash
- radicchio
- onions

spices

- basil
- dill (fresh)
- paprika
- mustard seed

dairy

- whole egg
- protein powder
- egg white
- egg yolk

offal

- liver
- heart
- kidney
- brains

animal products

- chicken breast
- veal
- ground pork
- pork chops
- sirloin steak
- leg ham
- pork shoulder
- chicken drumstick
- turkey
- ground beef
- chuck steak
- porterhouse steak

- top round steak
- bison
- beef roast
- pork ribs
- roast pork
- pork loin
- veal loin
- lamb

seafood

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