



GET WELL. STAY WELL. LIVE WELL.

did you know?

**Diet can play
a role in
reducing
anxiety.**

Making lifestyle changes such as eating a diet high in vegetables, fruit, legumes, whole grains and lean protein sources helps support mental wellbeing. In addition, certain 'superfoods' are known to strengthen mental health.

Here are six foods to incorporate into your meals to ease anxiety.

- **Brazil nuts** - These are high in inflammation fighting Selenium and those with anxiety often have elevated levels of inflammation.
- **Fatty fish** - Fish such as salmon, trout and herring are high in omega-3 acids, which help maintain cognitive function and mental health.
- **Vitamin D** - While not a food, deficiency in vitamin D is linked to mood disorders such as depression and anxiety. Our main source of vitamin D is the sun, however many individuals can benefit from a supplement, especially during the winter months or when time spent outdoors is limited.
- **Eggs** - Eggs are another great source of vitamin D, and also contain tryptophan, an amino acid that helps create mood regulating Serotonin.
- **Pumpkin seeds** - These are a good source of zinc which is essential for brain and nerve development.
- **Turmeric** - This spice contains the active ingredient curcumin, which reduces inflammation and oxidative stress, which are often increased in those with anxiety and depression.