



MENTAL HEALTH GROCERY LIST

The foods on this list are good sources of Omega 3 Fatty Acids, Folate, Folic Acid, Vitamin D, or Vitamin B12—all of which are backed by scientific research to affect brain health (but not replace treatment for mental health disorders). They are best with minimal processing, and those that require cooking should be prepared in the oven or on the grill rather than frying. Don't feel pressured to buy all of the items on this list, but try to pick a few from each category if possible for a well-rounded diet with mental health in mind.

Meat, Poultry, Seafood

- Salmon
- Trout
- Mackerel
- Anchovies
- Sardines
- Albacore Tuna
- Yellowfin Tuna
- Cod
- Perch
- Clams
- Chicken
- Turkey
- Grass-fed Beef (small amounts)
- Grass-fed Lamb (small amounts)

Dairy

- Eggs
- Milk (Vitamin D fortified)
- Non-Processed cheese

Grains

- Whole Oats/Whole Grain Oatmeal
- Whole Grain Bread (Rye, Spelt or Whole Wheat)
- Quinoa
- Brown Rice
- Barley
- Buckwheat
- Bulgar
- Unsweetened Whole Grain Breakfast Cereals (e.g. muesli)

Beans and Legumes

- Lentils
- Chickpeas/Garbanzo Beans
- Soybeans/Edamame
- Kidney Beans
- Peas
- Black-eyed Peas
- Lima Beans
- Black Beans

Nuts and Seeds

- Walnuts
- Almonds
- Pistachios
- Chia Seeds
- Flax Seeds
- Sesame Seeds
- Sunflower Seeds
- Peanuts

Fruits

- Oranges
- Strawberries
- Raspberries
- Avocados (Yes, they are a fruit!)
- Bananas
- Tomatoes
- Apples
- Mangos

Vegetables

- Spinach
- Brussels Sprouts
- Mustard Greens
- Collard Greens
- Kale
- Chard
- Cabbage
- Pumpkin
- Sweet Potatoes
- Asparagus
- Squash
- Onions
- Romaine Lettuce
- Broccoli
- Cauliflower
- Celery

Dressing/Seasoning

- Fresh Herbs (Basil, Cilantro, etc.)
- Extra Virgin Olive Oil
- Apple Cider Vinegar
- Balsamic Vinegar
- Garlic

Probiotics

- Kefir
- Kombucha
- Tempeh
- Sauerkraut (unpasteurized)
- Kimchi (unpasteurized)
- Non-sweetened Yogurt (with live or active cultures)