

# 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 conditions). 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)

## Vegetables

- Spinach
- Brussels sprouts
- Mustard greens
- Collard greens
- Kale
- Chard
- Cabbage
- Pumpkin
- Sweet potatoes
- Asparagus
- Squash
- Onions
- Romaine lettuce
- Broccoli
- Cauliflower
- Celery

## 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
- Bulgur
- Unsweetened whole grain breakfast cereals (e.g. muesli)

## Dressing/Seasoning

- Fresh herbs (basil, cilantro, etc.)
- Extra virgin olive oil
- Apple cider vinegar
- Balsamic vinegar
- Garlic

## Beans and Legumes

- Lentils
- Chickpeas/garbanzo beans
- Soybeans/edamame
- Kidney beans
- Peas
- Black-eyed peas
- Lima beans
- Black beans

## Probiotics

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

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