

Your Guide To

NUTRITION & MENTAL HEALTH

A Healthier Mind Starts with What You Eat

Do you ever feel excessive fatigue, restlessness, tension, guilt, or worry? Have you noticed changes in your sleep patterns, appetite, or mood? If so, you're not alone and your mental well-being could benefit from a nutrition and lifestyle approach.

What you eat and drink can significantly affect how you feel, physically and mentally. A growing body of research shows that a balanced, nutritious diet plays a key role in reducing the risk of mental health challenges like depression and anxiety—and can also help you manage everyday stress.

Food & Nutrient Strategies for Stress



Chronic stress depletes key nutrients like magnesium, vitamin C, and B vitamins—so replenishing your body with calming, nutrient-dense foods is key.

Try this:

- Include magnesium-rich foods like leafy greens, almonds, avocados, and bananas.
- Get your B vitamins from whole grains, eggs, legumes, and lean meats.
- Snack on vitamin C-packed fruits like oranges, strawberries, and kiwi to support adrenal function.
- Sip on herbal teas like chamomile, lemon balm, or green tea for a calming effect.

Nutrition Tips for Depression



Depression can affect appetite, energy, and interest in food—but eating well can support mood regulation and brain health.

Boost your mood with:

Omega-3 fatty acids from salmon, sardines, flaxseeds, and chia seeds. Tryptophan-rich foods (turkey, eggs, oats) to support serotonin production.

Folate and B12 from dark leafy greens and fortified cereals to aid neurotransmitter function.

A **consistent routine** of small, balanced meals to stabilize energy and blood sugar.

Nutrition Tips for Anxiety

Anxiety is often tied to blood sugar spikes and dips, as well as deficiencies in calming nutrients.

Ease anxiety by:

- Choosing complex carbs (like quinoa, oats, sweet potatoes) to keep blood sugar steady.
- Limiting caffeine and alcohol, which can increase jitteriness and nervous energy.
- Eating magnesium- and zinc-rich foods to support a calm nervous system.
- Staying hydrated—dehydration can mimic or worsen anxious symptoms.

Small changes can have a big impact.

Whether you're looking to feel more energized, lift your mood, or simply manage daily stress with more ease, your nutrition can be a powerful tool in your mental health toolkit.

Start with one change this week. Your brain will thank you.



HEALTHWISE MEDICAL CLINIC

HANFORD

740 N. Irwin St.
Hanford, CA 93230
559.272.9551

VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

PORTERVILLE

99 W Putnam Ave
Porterville, CA 93257
559.272.9544

www.healthwise.clinic