



HOW NUTRITION AFFECTS MENTAL HEALTH



Discover how the foods you eat can boost your mood, brain function, and overall mental well-being.



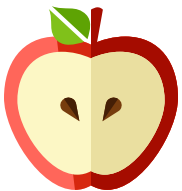
Magnesium-rich foods such as avocados and dark chocolate help lower anxiety. Zinc from meat and pumpkin seeds can improve immunity and mood.



Focus on omega-3s like salmon and walnuts to reduce inflammation and depression. B vitamins from leafy greens support brain and nervous system health.



Eat regularly and mindfully to stabilize blood sugar and prevent emotional eating. Sharing meals boosts connection and reduces loneliness.



NOURISH. THRIVE. SHINE.

Learn more about how nutrition impacts mental health at
<https://mindfulfamilymedicine.com/category/mental-health/>

Source

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