Food in Front

May is Mental Health Awareness Month.

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This has been observed in May since 1949 to help increase awareness of the importance of mental health and wellness and to celebrate recovery from mental illness.

"Supportive families, communities and resources can help youth build strong foundations for lifelong well-being," according to SAMHSA. Pregnancy is a joyful time, but it can also bring strong emotions postpartum. As we age things change and freedoms are "taken away." All of these stages of life present challenges to our mental well-being. (1)

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Could Good Nutrition Help?

Food Can Affect Your Mood

Food can play a vital role in your mood. While a newer area of study, nutrition psychiatry studies are showing a direct connection between what we eat and mood disorders. (2)
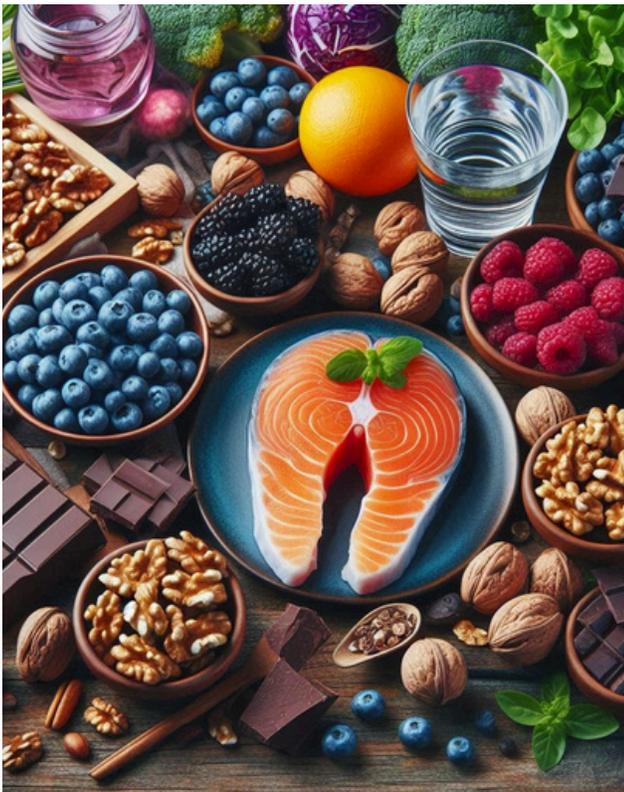

These foods are packed with mood-boosting nutrients.

Seratonin

Serotonin is a neurotransmitter that helps balance mood, appetite and sleep. Studies show that healthful, nutrient dense meal patterns contain serotonin and dopamine hormones which both help us feel good. Eat salmon, turkey, eggs, cheese, pineapple, oats, nuts and seeds to increase serotonin levels.

Gut Microbiome

Our gut has billions of bacteria which communicate with our brain about what they need to stay healthy. These bacteria are called our gut microbiome. When we eat a variety of fruits, vegetables, and whole grains which contain fiber our microbiome become more diverse and have the ability to help keep our bodies healthy. Our microbiome especially loves insoluble fiber foods, like broccoli, asparagus, green leafy vegetables, beans and apples. (3)
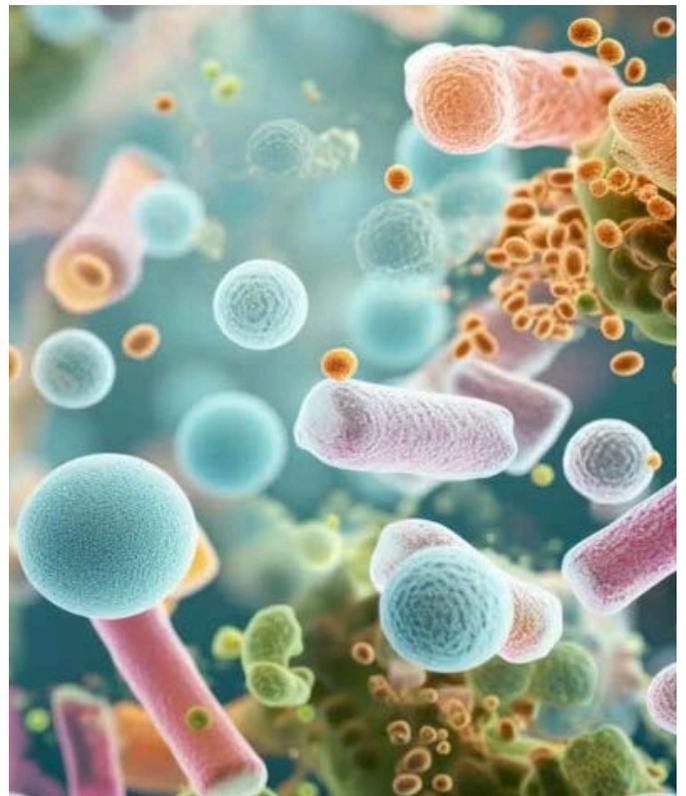
Key Takeaways

Eat a variety of fruits, vegetables, fatty fish, lean meat, whole grains, beans, lentils, nuts and seeds to feed your gut and mind!

1) https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month
2) https://communityhealth.mayoclinic.org/featured-stories/mood-boosting-foods
3) https://www.mcleanhospital.org/essential/nutrition