

ONE OF THE THREE PILLARS OF MENTAL HEALTH

Nutrition

Eating a nutritious diet helps our body stay healthy and also fuels our mental health.

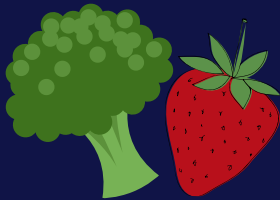
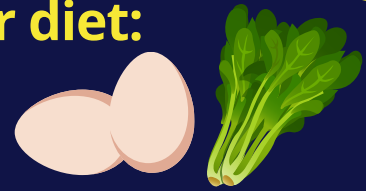
A well balanced diet will provide you with foods rich in vitamins, minerals, antioxidants and fibre.



Develop a weekly food plan to ensure you have the right amount of nutrients in your diet:

B-Vitamins

Can be found in whole grains, meat, poultry, eggs, legumes, and leafy vegetables.

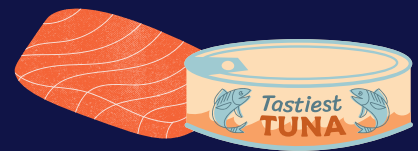


Fibre

Found in wholegrain foods, fruits (berries, melon, oranges), vegetables (broccoli, carrots), legumes, nuts and seeds, & potatoes with skin.

Omega-3

Good sources of it include fatty fish (tuna, salmon, sardines), chia seeds, and flax seeds.



Antioxidants

Can be found in fruits and vegetables. Try to include at each meal, like a veggie omelet for breakfast or a stir-fry for dinner!

Vitamin D

Can be found in fatty fish, eggs, and fortified foods such as a milk.



For additional information, please visit
www.mdsc.ca
www.food-guide.canada.ca/



Mood Disorders Society of Canada

La Société Pour Les Troubles de L'Humeur du Canada