

Eating for Mental Health

Food can affect your body and your mind. Choosing certain foods can help make you feel better. Small changes add up over time.

A variety of these foods can support your mental health.
Which foods do you enjoy below?



Choose whole grains and vegetables

- Whole grain bread, pita, tortilla, pasta
- Brown rice, wild rice quinoa, oats, millet
- Vegetables like potatoes, sweet potatoes, yams, corn, squash, cassava



Choose fats like olive oil and sources of Omega-3

- Aim to eat fish and seafood a few times per week (tuna, mussels, shrimp, trout, salmon, snapper)
- Add nuts, seeds, or avocado to meals, or enjoy as a snack



Drink water

- Drink water with your meals
- Sip water during the day
- Try a fruit or herb infused water or unsweetened carbonated water



Add vegetables and fruit to meals and snacks

- Eat different colours of vegetables and fruit
- Enjoy frozen, fresh, or canned vegetables and fruit



Eat protein foods throughout the day

- Try eggs, beans, lentils, nuts, seeds, tofu, and cheese
- Enjoy fish, seafood, chicken, turkey, meats, and wild game

Why is the food you eat important to you?

Trusting your appetite and eating regularly throughout the day is self-care.
Eat and prepare meals with others, whenever you can.



Snack Ideas:

- Vegetable sticks with hummus or guacamole
- Plain yogurt with fruit, granola, and seeds
- Brown rice and beans

Meal Ideas:

- Oatmeal with nuts or seeds and berries
- Scrambled eggs with potatoes and fruit
- Chickpea curry with rice and vegetables
- Whole grain pasta with tuna and vegetables
- Whole grain bean burrito with a side of raw vegetables
- Salad with chicken or beef and olive oil dressing with balsamic vinegar
- Stir fry with shrimp or tofu and frozen vegetables and brown rice

Saving money while shopping for food:

- Shop at budget grocery stores
- Look for sales
- Stock up on non-perishable foods
- Choose frozen vegetables and fruit
- Choose lower cost protein options:
 - canned fish and seafood (tuna, salmon, sardines)
 - beans and lentils
 - eggs
 - tofu



Have plenty of vegetables and fruits

Eat protein foods



Make water your drink of choice



Choose whole grain foods

Meal and snacks I am going to try:

My Goals

One habit I would like to continue: _____

One change I would like to make: _____

Who can help me ? _____