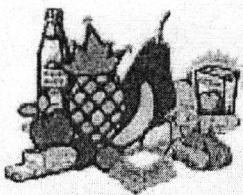


## Nutrition for Mental Health

**Patients may benefit from the following:**

- *Consuming protein and carbohydrate (balanced nutrition) at regular intervals each day.* A structured plan with specific times to eat is helpful.
- *Including foods from all food groups, especially:*
  - Dairy and meat for vitamin D and B12.
  - Grains and greens for thiamine (B1), niacin (B3), pyridoxine (B6), and folic acid.
  - Nuts, seeds, grains and greens for magnesium.
  - Tuna, salmon, walnuts for omega-3 fatty acids.
- *Strive for a healthy diet, using "foods first" to get all of the nutrients your body needs.* One of the reasons for this is that foods contain many different things beside vitamins and minerals. One of the key components of foods (but not supplements) is phytochemicals, tiny compounds that have been found to prevent certain chronic diseases. Foods also contain dietary fiber, which has importance health benefits. For these reasons, a healthful diet that contains a lot of variety is important to good health.
- *A daily multivitamin with minerals.* There is evidence that taking a daily multivitamin as a supplement to a healthful diet makes sense. Vitamins and minerals are important to preventing diseases of deficiency, but they are also importance to maintaining good health and may prevent chronic diseases.  
**If you take a vitamin supplement** it should be for added nutrition protection, not as a substitute for a healthy diet. Scientists continue to study the role of vitamins and supplements in good health.



**References:**

American Dietetic Association Nutrition Care Manual. Accessed January 13, 2009.  
RD411.com. Accessed January 13, 2009.