

## Depression Support Diet Evidence Sheet

This program was created with the following key considerations in mind:

### Protein

Our bodies use an amino acid called [tryptophan](#) to produce serotonin, an important brain chemical often called the “feel-good” hormone. Serotonin is heavily involved in mood regulation and sleep, and there’s some evidence that it plays a [role in depression](#) as well. Tryptophan can be found in this plan from turkey, chicken, salmon, pumpkin seeds, and eggs.

### Zinc & Selenium

Some studies have suggested that [zinc levels](#) may be lower among people with depression. Getting more zinc may also help antidepressants work more effectively. Selenium is a mineral that might [help improve mood](#) and reduce feelings of anxiousness. These minerals are added to your plan from foods like poultry, garlic, onions, spinach, and dairy products.

### B Vitamins

Vitamin B12 and B9 (folate) are helpful for your [mental health](#) by protecting and maintaining the health of your nervous system. Some [evidence](#) suggests that having enough B12 and B9 available may help improve symptoms of mood disorders like depression. B vitamins are incorporated through salmon, dairy products, dark leafy greens, Brussels sprouts, and oranges.

### Omega-3 Fats

Omega-3 fatty acids play an [essential role](#) in brain health and function, including neurotransmitter regulation and managing inflammation, which are linked to depression. This plan adds omega-3s from fatty fish, eggs, and flax seeds.

### Probiotics

A healthy gut microbiome may help reduce the [symptoms and risk](#) of depression. [Fermented foods](#) are natural sources of probiotics, which can help promote a healthy balance of gut bacteria in your microbiome. These are included in your meal plan with fermented dairy like kefir.