

Iron: Iron is critical in fighting depression and fatigue. Iron also helps oxygenation of the brain and is necessary for all its functions. Those who are battling depression should have their Obstetrician or primary care provider check their iron levels. Iron-rich foods include red meat, seafood, chicken, pork, beans, leafy greens including spinach, peas, and iron-fortified cereals.

B Vitamins³⁻⁶: Deficiencies in various vitamins, including B vitamins are reported to have a negative effect on the brain. There are a total of eight B vitamins. There are a wide range of foods containing B vitamins. If you are vegan or vegetarian, you have to be especially proactive about making sure you get enough B12 (which is mainly found in animal foods).

Selenium: Depression may be the result of the body's oxidative stress state, where antioxidants (like selenium) are critical. Selenium is a powerful antioxidant. Numerous studies have shown improvement of mood and anxiety when given selenium. Overall, mood was also improved when selenium was given to those with depleted levels. Foods high in selenium include Brazil nuts, yellowfin tuna, halibut, sardines, and chicken.

Zinc: Zinc is what is referred to as a trace mineral, which is involved in over 300 reactions in the body and is abundant in the brain. Many studies have shown zinc levels are generally low in those with major depression. Foods high in zinc include lamb, pumpkin seeds, grass-fed beef, mushrooms, chickpeas, spinach, and chicken.

Copper: Copper is a mineral that metabolizes natural chemicals in the brain to help our bodies respond to stress, feel happy and be alert. Several studies have found an association between high levels of copper and lower rates of depression. Copper-rich foods include sunflower seeds, lentils, almonds, dark chocolate, beef liver, and asparagus.

- 1) psychologytoday.com/us/articles/201801/the-cognitive-benefits-vitamin-c
- 2) phlabs.com/not-up-for-debate-get-enough-vitamin-c-or-risk-aging-rapidly
- 3) phlabs.com/healthinfo/tag/b%20vitamins
- 4) medlineplus.gov/bvitamins.html
- 5) 30seconds.com/food/category/vegan/
- 6) 30seconds.com/food/category/vegetarian/