

Most Commonly-Mentioned Dietary Recommendations for Depression Management



Increase: Fresh, whole, high-fiber, nutrient-rich fuel



Reduce/Avoid: Processed, manmade, artificial food



Complex carbs - whole grains / products

Sugars / refined flours



Fresh, whole produce (esp. dark leafy greens)

Junk food / fast food



Healthy fats (eg. olive oil, nuts, avocados - *in moderation*)

Killer fats

