



*The Real Relief*  
**REAL FOOD PLANNER**



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# OPTMISE YOUR FOOD TO OPTIMISE YOUR MOOD

## FOOD AND MOOD

It's been known for a long time that an unhealthy diet can increase the risk of depression and anxiety. But did you know that a healthy diet leads to greater happiness, a more positive mood and even higher levels of life satisfaction, purpose and fulfillment in life? Amazing isn't it!

This fact really shouldn't surprise us, as we literally are what we eat. Every brain cell, skin cell and organ in our body is grown from the food we eat every day.

Good quality food can help improve mood and lower anxiety by providing key nutrients for neurotransmitter production, and giving vital fuel to brain cells. The healthy food choices we make can also lower inflammation, reduce oxidative stress, balance blood sugars and support gut health, which all leads to increased happiness and more sustained energy levels.

## HOW TO USE THIS FOOD PLANNER

Inside this food planner you'll learn about the 8 essential dietary keys for enhanced mental health and how following these guidelines you'll improve your mood and lower anxiety. You'll find a helpful "what should I eat?" guide and a "plan your plate" document. To get your imagination going, we've provided 24 breakfast, lunch, dinner, dessert and snack ideas that follow this "plan your plate" template. Finally for anyone that finds that they have a vitamin or mineral deficiency or simply wants to boost their diet in a particular nutrient, we've provided 9 key nutrient summaries. These include common nutrient deficiency symptoms and a list of nutrient rich foods.

## 5 WAYS A GOOD QUALITY DIET CAN REDUCE DEPRESSION & ANXIETY



Provides  
nutrients & fuel



Lowers  
inflammation



Lowers  
oxidative stress



Balances  
blood sugars



Supports  
gut health



# 8 DIETARY KEYS FOR ENHANCED MENTAL HEALTH

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What does the research say about the most important factors for optimising your diet for optimal mood? It can be summarised into 8 essential keys.

- 1 Adequate protein
- 2 Good fats
- 3 Ample vegetables
- 4 Caffeine free
- 5 Balance blood sugars
- 6 Gluten free
- 7 Dairy free (if necessary)
- 8 Support gut health

## ADEQUATE PROTEIN

Protein is essential for mental health. It provides amino acids which are the building blocks of brain chemicals (neurotransmitters), such as serotonin and dopamine.

## GOOD FATS

Fat is important for the brain structurally, and makes up the cell membranes of every cell in our body (including nerve cells). Omega 3 fatty acids (specifically EPA) is an anti-inflammatory molecule and helps lower inflammation in the brain.

## AMPLE VEGETABLES

Eating vegetables can lead to greater happiness by lowering inflammation, reducing oxidative stress, supporting gut health, and providing essential nutrients such as folate and potassium.

## CAFFEINE FREE

Caffeine can sabotage your mental health. It can lead to increased adrenaline release and therefore higher anxiety, energy stability and poor sleep. Avoid it at all costs.

## BALANCE BLOOD SUGARS

Your brain needs fuel in the form of glucose to function. If our blood glucose levels drop, then it puts the body into emergency mode. In response, adrenaline is released to raise our blood sugars. This adrenaline can give rise to anxiety and panic attacks in those sensitive to low blood sugar levels.

## GLUTEN FREE AND DAIRY FREE

Both gluten and dairy put strain on the digestive system, are inflammatory to the body and brain, and also release addictive opioid-like molecules. By reducing gluten and dairy if necessary, you can lower inflammation in the brain and support gut health, therefore improving your mental health.

## SUPPORT GUT HEALTH

Poor gut health can cause depression and anxiety by increasing brain inflammation, stimulating the fight and flight response, releasing neurotoxins and by making the blood brain barrier more leaky. So eat lots of vegetables, collagen containing foods and fermented foods to support your gut.



# WHAT SHOULD I EAT?

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## WHAT SHOULD I EAT?

It may feel like there are a lot of factors to consider when planning your meals for better mental health. But really it can be quite simple, using our healthy plate planner (see page 4).

For each meal (or plate) you eat each day just add a portion of:

- protein (the size of the palm of your hand)
- healthy carbs (the size of your fist)
- healthy fats (just a small serve, more details on page 4)
- and vegetables (fill up half of your plate).

By following this guide you will achieve your protein goals, balance your blood sugars, and easily get you eating 6 serves of vegetables per day.

## WHAT PROTEIN SHOULD I EAT?

To balance your vitamin, mineral and essential fatty acid requirements be sure to eat a variety of protein sources.

Each week aim to eat:

- red meat 3-4 times
- fish 2-3 times
- eggs 3 times
- and legumes 3-4 times

Also eat chicken, greek yoghurt and protein or collagen powder to make up the rest of your meals.

## SOME EXTRA TIPS FOR SUPPORTING GUT HEALTH

Consider adding in a collagen rich source and/or fermented food once a day to help nourish your gut lining and improve your microbiome (gut bacteria) balance.

### Collagen rich food options:

- broth
- slow cooked collagen rich meat
- collagen powder
- gelatine gummies and marshmallows

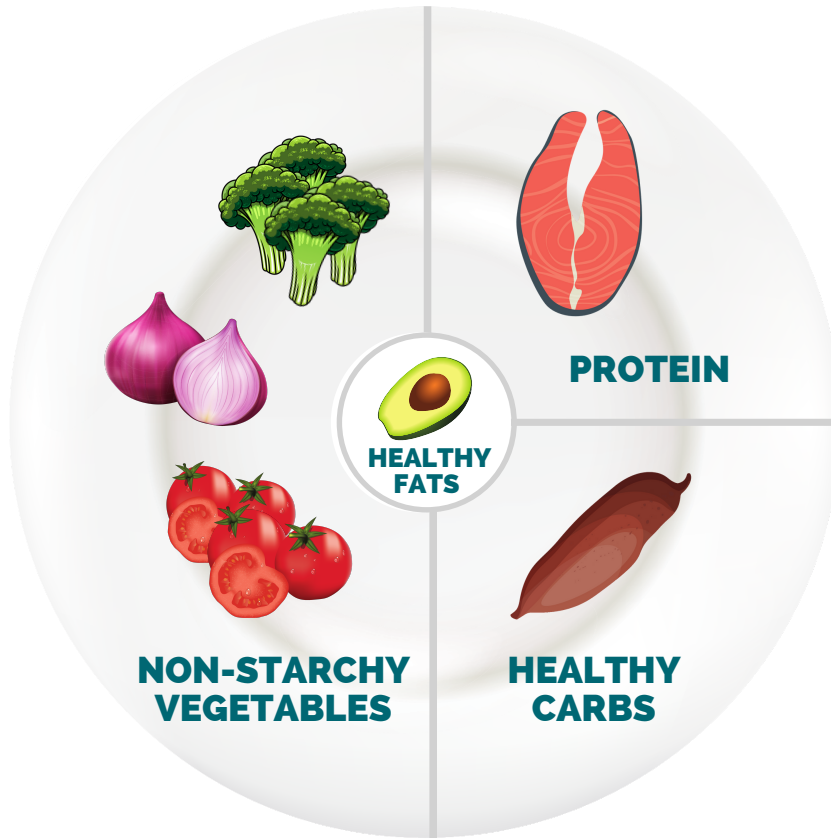
### Fermented foods:

- kimchi
- sauerkraut
- kefir (milk or water)
- caffeine-free kombucha





# PLAN YOUR PLATE



## Protein

Protein builds and repairs your body. It helps make neurotransmitters and stabilises blood sugars. Protein should make up quarter of your plate. Use the diameter and thickness of the palm of your hand as a size guide.

Protein choices include:

- Beef, Chicken, Lamb, Pork (grass fed free range where possible)
- Salmon, fish (wild sources if possible)
- Tinned sardines or tuna (limit tuna to 1 serve per week)
- Eggs (2-3 per serve)
- Beans & Lentils (also high in carbs)
- Tofu
- Protein or collagen powder (approx 2 Tbsp)
- High fat greek yoghurt (unsweetened)

## Non-starchy Vegetables

Vegetables are high in antioxidants, are anti-inflammatory, and provide fibre for good gut health. Half of your plate should include non-starchy vegetables.

Non-starchy vegetable choices include:

- Asparagus
- Bean sprouts
- Brussels sprouts
- Broccoli
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Salad greens
- Silverbeet
- Spinach
- Tomato
- Zucchini

## Healthy Fats

To help stabilise your blood sugars, provide healthy fats for the brain, and keep you satisfied for longer, include 1 serving of healthy fats per meal.

Healthy fat choices include:

- 1-2 Tbs of olive oil, coconut oil, ghee or butter
- 1/4 cup of coconut cream
- 1/4-1/2 an avocado
- A small handful of nuts or seeds
- Salad dressings made from olive oil & apple cider vinegar

## Healthy Carbohydrates

Healthy carbohydrates help give you energy, stabilise blood sugars and fill you up. These foods should take up 1/4 of your plate or be the size of your fist.

Healthy carb choices include:

- Starchy vegetables: pumpkin, kumara, potatoes, beetroot, carrots, parsnips
- Gluten free grains: rice, quinoa, buckwheat, millet, amaranth, oats\*
- Beans and lentils
- Fruit
- Paleo, keto or gluten free seeded bread

\*Oats are low gluten but not appropriate for people with Coeliac Disease.



# BREAKFAST MEAL IDEAS

## Breakfast or Lunch



### EGGS, KUMARA HASH & VEGES

- 1** **PROTEIN**  
Eggs
- 2** **HEALTHY CARB**  
Sweet potato
- 3** **HEALTHY FAT**  
Coconut oil
- 4** **NON-STARCHY VEGE**  
Mushrooms, onion & tomatoes

### OMELETTE

- 1** **PROTEIN**  
Eggs
- 2** **HEALTHY CARB**  
Gluten free toast
- 3** **HEALTHY FAT**  
Avocado
- 4** **NON-STARCHY VEGE**  
Tomato, spinach & mushrooms

## Breakfast or Lunch



## Breakfast or Snack



### GREEN SMOOTHIE

- 1** **PROTEIN**  
Collagen powder
- 2** **HEALTHY CARB**  
Banana or mango
- 3** **HEALTHY FAT**  
Coconut milk
- 4** **NON-STARCHY VEGE**  
Spinach and kale



# BREAKFAST MEAL IDEAS

## Breakfast



### PROTEIN ENRICHED PORRIDGE

- 1 PROTEIN**  
Collagen powder
- 2 HEALTHY CARB**  
Oats
- 3 HEALTHY FAT**  
Linseed, sunflower & almonds (LSA)
- 4 NON-STARCHY VEGE**  
Berries

### BUCKWHEAT BIRCHER

- 1 PROTEIN**  
Greek Yoghurt
- 2 HEALTHY CARB**  
Buckwheat
- 3 HEALTHY FAT**  
Chia seeds & walnuts
- 4 NON-STARCHY VEGE**  
Berries or rhubarb

## Breakfast or Dessert



## Breakfast or Dessert

### GREEK YOGHURT & FRUIT

- 1 PROTEIN**  
Greek yoghurt
- 2 HEALTHY CARB**  
Kiwi fruit, grapes, berries, apple, or pear
- 3 HEALTHY FAT**  
Cashew nuts, linseeds
- 4 NON-STARCHY VEGE**





# LUNCH MEAL IDEAS

## Lunch



### CHICKPEA & QUINOA SALAD

- 1 PROTEIN**  
Chickpeas
- 2 HEALTHY CARB**  
Quinoa
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Tomato, spinach, red onion & capsicum

### SALMON SALAD & A BANANA

- 1 PROTEIN**  
Salmon
- 2 HEALTHY CARB**  
Banana
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Salad greens, tomato & capsicum

## Lunch



## Lunch



### CHICKEN WRAP

- 1 PROTEIN**  
Shredded Chicken
- 2 HEALTHY CARB**  
Gluten free wrap
- 3 HEALTHY FAT**  
Avocado
- 4 NON-STARCHY VEGE**  
Lettuce, cucumber, bean sprouts & carrot



# LUNCH MEAL IDEAS

## Lunch



## FRITTATA

- 1 PROTEIN**  
Eggs
- 2 HEALTHY CARB**  
Sweet potato
- 3 HEALTHY FAT**  
Coconut oil
- 4 NON-STARCHY VEGE**  
Zucchini, carrot & spinach

## EGG SALAD WITH GF TOAST

- 1 PROTEIN**  
Eggs
- 2 HEALTHY CARB**  
Gluten free paleo toast
- 3 HEALTHY FAT**  
Olive oil & apple cider vinegar
- 4 NON-STARCHY VEGE**  
Lettuce, capsicum, tomato, carrot & herbs

## Lunch



## Lunch



## CHICKPEA WRAP

- 1 PROTEIN**  
Chickpeas
- 2 HEALTHY CARB**  
Gluten free wrap
- 3 HEALTHY FAT**  
Avocado
- 4 NON-STARCHY VEGE**  
Salad greens, celery & red onion



# DINNER MEAL IDEAS

## Dinner



## LAMB & VEGE

- 1 PROTEIN**  
Lamb
- 2 HEALTHY CARB**  
Sweet Potato
- 3 HEALTHY FAT**  
Coconut oil
- 4 NON-STARCHY VEGE**  
Broccoli, cauliflower & carrot

## ROAST CHICKEN, POTATOES & BEANS

- 1 PROTEIN**  
Chicken
- 2 HEALTHY CARB**  
Potatoes
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Capsicum, onions & tomatoes

## Dinner



## TOFU STIRFRY WITH RICE

- 1 PROTEIN**  
Tofu
- 2 HEALTHY CARB**  
Rice
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Asparagus & bok choy

## Dinner





# DINNER MEAL IDEAS

## Dinner



## COCONUT FISH WITH RICE

- 1 PROTEIN**  
White fish
- 2 HEALTHY CARB**  
Rice
- 3 HEALTHY FAT**  
Coconut milk
- 4 NON-STARCHY VEGE**  
Beans & broccoli

## SALMON, POTATO & SPINACH

- 1 PROTEIN**  
Salmon
- 2 HEALTHY CARB**  
Potato
- 3 HEALTHY FAT**  
Butter
- 4 NON-STARCHY VEGE**  
Spinach & tomatoes

## Dinner



## Dinner

## MINCE TORTILLAS

- 1 PROTEIN**  
Mince & beans
- 2 HEALTHY CARB**  
Gluten free wraps
- 3 HEALTHY FAT**  
Avocado
- 4 NON-STARCHY VEGE**  
Onion, zucchini, carrots & tomatoes





# DESSERT & SNACK IDEAS

## *Dessert or Snack*



## CHIA PUDDING

- 1 PROTEIN**  
Chia seeds
- 2 HEALTHY CARB**  
Mango
- 3 HEALTHY FAT**  
Coconut milk
- 4 NON-STARCHY VEGE**

## DATEBALLS

- 1 PROTEIN**  
Walnuts or cashews
- 2 HEALTHY CARB**  
Dates
- 3 HEALTHY FAT**  
Shredded coconut
- 4 NON-STARCHY VEGE**  
Gogi berries

## *Dessert or Snack*



## *Dessert or Snack*



## BANANA & NUTBUTTER DELIGHT

- 1 PROTEIN**  
Nut butter
- 2 HEALTHY CARB**  
Banana
- 3 HEALTHY FAT**  
Linseed, sunflower & almonds (LSA) & chia seeds
- 4 NON-STARCHY VEGE**



# DESSERT & SNACK IDEAS

## Snack



## HUMMUS & VEGES

- 1 PROTEIN**  
Hummus (chickpeas)
- 2 HEALTHY CARB**  
Hummus (chickpeas)
- 3 HEALTHY FAT**  
Hummus (olive oil)
- 4 NON-STARCHY VEGE**  
Capsicum, cucumber & carrot

## APPLE & ALMOND BUTTER

- 1 PROTEIN**  
Almond butter
- 2 HEALTHY CARB**  
Apple
- 3 HEALTHY FAT**  
Almond butter
- 4 NON-STARCHY VEGE**



## Snack

## Snack

## BOILED EGG & FRUIT

- 1 PROTEIN**  
Eggs
- 2 HEALTHY CARB**  
Banana
- 3 HEALTHY FAT**
- 4 NON-STARCHY VEGE**



# PROTEIN

The main role of protein in the body is growth and repair. It helps in the formation of muscles, hair, nails, skin and organs (eg heart, kidneys and liver). It is also important for mental health, as amino acids from protein are the building blocks of brain chemicals (neurotransmitters).

## NUTRIENT DEFICIENCY SYMPTOMS INCLUDE:

- Muscle loss
- Thinning hair, brittle nails, and skin problems
- Easily fractured or broken bones
- Impaired immune function
- Poor sleep
- Oedema
- Depression
- Weakness & Fatigue
- Slow-healing injuries

## PROTEIN RICH FOODS (Aim for 1g of protein per kilogram of body weight)



**Skinless Chicken**  
28mg per 85g



**Beef Steak**  
26mg per 85g



**Lamb**  
23mg per 85g



**Salmon**  
22mg per 85g



**Greek Yoghurt**  
18mg per 170g



**Cottage Cheese**  
14mg per 113g



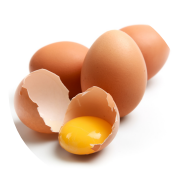
**Pumpkin Seeds**  
9mg per 28g



**Blackbeans**  
8mg per 1/2 cup



**Chickpeas**  
7mg per 1/2 cup



**Egg**  
6mg per 1 egg

# PROTEIN CONTENT OF FOODS

## MEAT, POULTRY, EGGS

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
CHICKEN, SKINLESS	85g (3 oz)	141	28
STEAK	85g (3 oz)	158	26
TURKEY, ROASTED	85g (3 oz)	135	25
LAMB	85g (3 oz)	172	23
PORK	85g (3 oz)	122	22
HAM	85g (3 oz)	139	14
EGG, LARGE	1 EGG	71	6

## SEAFOOD

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
SALMON	85g (3 oz)	155	22
TUNA	85g (3 oz)	99	22
SHRIMP	85g (3 oz)	101	20
LOBSTER	85g (3 oz)	76	16
SCALLOPS	85g (3 oz)	75	14



# PROTEIN CONTENT OF FOODS

## LEGUMES, GRAINS, VEGETABLES

FOOD (COOKED)	SERVING SIZE(CUP)	CALORIES	PROTEIN (g)
PINTO BEANS	1/2	197	11
TOFU	1/2	94	10
ADZUKI BEANS	1/2	147	9
LENTILS	1/2	101	9
EDAMAME	1/2	95	9
BLACK BEANS	1/2	114	8
RED KIDNEY BEANS	1/2	112	8
CHICKPEAS	1/2	134	7
BLACK-EYED PEAS	1/2	100	7
FAVA BEANS	1/2	94	7
WHEAT BERRIES	1/2	151	6
KAMUT	1/2	126	6
LIMA BEANS	1/2	105	6
OATS	1	166	5
QUINOA	1/2	111	4
PEAS, GREEN	1/2	59	4
SPINACH, COOKED	1/2	41	3

# PROTEIN CONTENT OF FOODS

## NUTS AND SEEDS

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
SOY NUTS	28g (1 oz)	120	12
PUMPKIN SEEDS	28g (1 oz)	159	9
PEANUTS	28g (1 oz)	166	7
PEANUT BUTTER	1 Tbsp	188	7
ALMONDS	28g (1 oz)	163	6
PISTACHIOS	28g (1 oz)	161	6
FLAX SEEDS	28g (1 oz)	140	6
SUNFLOWER SEEDS	28g (1 oz)	140	6
CHIA SEEDS	28g (1 oz)	138	5
WALNUTS	28g (1 oz)	185	4
CASHEWS	28g (1 oz)	162	4

## DAIRY PRODUCTS

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
GREEK YOGURT	170g (6 oz)	100	18
COTTAGE CHEESE (1% FAT)	113g (4 oz)	81	14
REGULAR YOGURT	1 cup	100	11
MILK, SKIM	1 cup	86	8
SOY MILK	1 cup	132	8
MOZZARELLA	28g (1 oz)	79	7
COLBY CHEESE	28g (1 oz)	112	7



# CALCIUM

Calcium is one of the most important minerals for the human body. Its most recognised function is to maintain strong bones and teeth. However it is also important for regulating the heart, blood clotting, muscle contraction and relaxation, and communication between nerve cells.

## CALCIUM DEFICIENCY SYMPTOMS INCLUDE:

- confusion or memory loss
- muscle spasms, numbness and tingling in the hands, feet and face
- depression
- hallucinations
- muscle cramps
- weak and brittle nails
- osteoporosis
- easy fracturing of the bones

## CALCIUM RICH FOOD (Recommended Daily Allowance= 1000-1300mg)



**Tofu**  
683mg per 100g



**Canned Sardines**  
325mg per 85g



**Milk**  
293mg per 240ml



**Sweet Potato**  
255mg per 1 cup



**Cooked Spinach**  
245mg per 1 cup



**Dried Figs**  
240mg per 5 figs



**Cooked Kale**  
195 mg per 1 cup



**Greek Yoghurt**  
187mg per 170g



**Canned Salmon**  
180mg per 85g



**Cooked Squash**  
90mg per 1 cup

# FOLATE

Folate (vitamin B9) is an essential vitamin. It is called essential because your body cannot make it and you must provide it through your diet. Folate is important for red blood cell formation, DNA production, reduces the risk of birth defects of the brain and spine, and contributes to normal brain function and neurotransmitter production.

## FOLATE DEFICIENCY SYMPTOMS INCLUDE:

- mouth sores
- swollen tongue
- gray hair
- pale skin
- shortness of breath
- fetal neural tube defects
- anemia
- high homocysteine
- heart palpitations
- fatigue & weakness
- lethargy
- depression
- irritability
- confusion
- cognitive decline

## FOLATE RICH FOODS (Recommended Daily Allowance= 400-600mcg)



**Edamame**  
241mcg per 1/2 cup



**Lentils**  
179mcg per 1/2 cup



**Broccoli**  
168mcg per 1 cup



**Asparagus**  
134mcg per 1/2 cup



**Cooked spinach**  
132mcg per 1/2 cup



**Peas**  
94.3mcg per 1 cup



**Avocado**  
82mcg per 1/2 avocado



**Beetroot**  
74mcg per 1/2 cup



**Mango**  
71mcg per 1 cup



**Cauliflower**  
61mcg per 1 cup



# IRON

Iron is an important mineral. It helps form and oxygenate blood cells and haemoglobin, helps convert food to energy, helps maintain a normal immune system and contributes to normal brain function.







## IRON DEFICIENCY SYMPTOMS INCLUDE:

- extreme fatigue
- weakness
- fast heartbeat or shortness of breath
- headache or dizziness
- cold hands and feet
- a sore tongue
- brittle nails
- unusual cravings (eg. dirt)
- poor appetite
- poor memory
- poor concentration
- suicidal thoughts
- depression
- anxiety & panic attacks

## RECOMMENDED DAILY ALLOWANCE

- Men: 8mg
- Vegetarian men: 14mg
- Women: 18mg
- Vegetarian women: 32mg

## HAEM (MEAT BASED) IRON RICH FOODS

 <p><b>Oyster</b> 7.8mg per 85g</p>	 <p><b>Chicken liver</b> 4mg per 44g</p>
 <p><b>Beef steak</b> 5.4mg per 100g</p>	 <p><b>Lamb</b> 2mg per 100g</p> <p><i>Haem iron sources are more easily absorbed</i></p>
 <p><b>Chicken</b> 1mg per 100g</p>	 <p><b>Salmon</b> 1mg per 100g</p>

## NON-HAEM (PLANT BASED) IRON RICH FOODS

 <p><b>Cooked Lentils</b> 6.6mg per 1 cup</p>	 <p><b>Cooked Chickpeas</b> 4.7mg per 1 cup</p>
 <p><b>Cooked spinach</b> 3.2mg per 1/2 cup</p>	 <p><b>Quinoa</b> 2.8mg per 1 cup</p> <p><i>Non-haem iron sources are not well absorbed</i></p>
 <p><b>Tofu</b> 2.7mg per 100g</p>	 <p><b>Pumpkin seeds</b> 2.3mg per 28g</p>

# MAGNESIUM

Magnesium is a mineral that serves as a cofactor in more than 300 enzymatic reactions. Magnesium is essential for regulating muscle contraction, blood pressure, and insulin metabolism. It is also important for the nervous system supporting nerve transmission and neuromuscular coordination.

## MAGNESIUM DEFICIENCY SYMPTOMS INCLUDE:

- muscle twitches & cramps
- migraine & headaches
- high blood pressure
- osteoporosis
- insomnia
- fatigue
- anxiety & depression
- type 2 diabetes

## MAGNESIUM RICH FOODS (Recommended Daily Allowance= 310-400mg)



**Baked Beans**  
108mg per 1 cup



**Cooked Buckwheat**  
90mg per 1 cup



**Peanut Butter**  
57mg per 2 Tbs



**Cooked Brown Rice**  
43mg per 1/2 cup



**Pumpkin Seeds**  
42mg per 1/4 cup



**Almonds**  
40mg per 10 nuts



**Chia Seeds**  
35mg per 1Tbs



**Banana**  
32mg per 1 medium banana



**Raw Spinach**  
24mg per 1 cup



**Hummus**  
10mg per 1 Tbs



# OMEGA 3

Omega 3 is an essential fatty acid that you must consume through your diet. Omega 3 has two main functions a) serving as a building block (a structural molecule) for the outside membrane of all cells including the nerve cells in the brain and b) produces chemicals which regulate the immune system and inflammatory processes. EPA and DHA are the omega 3's that are most helpful for the brain.

## OMEGA 3 DEFICIENCY SYMPTOMS INCLUDE:

- anxiety
- ADHD
- dementia
- major depression
- postnatal depression
- Cardiovascular disease
- allergies
- asthma
- autoimmune disorders
- eczema
- Inflammatory bowel disease (IBS)
- psoriasis & dry skin
- rheumatoid arthritis
- hyperkeratosis "chicken skin"

## OMEGA 3 RICH FOODS (Recommended Minimum Daily Intake= 250-500mg)



**Salmon**  
2314mg per 100g



**Tofu**  
1467mg in 1 cup



**Mackerel**  
1309mg per 100g



**Oysters**  
1188mg in 3 oysters



**Sardines**  
1018mg per 92g



**Chia seeds**  
891mg per 5g



**Ground Flaxseed**  
600mg per 1 tsp



**Anchovies**  
435mg in 28g



**Walnuts**  
368mg in 1 walnut



**Avocado**  
223mg per 1/2 a medium avocado

Marine  
Omega 3 sources  
contain EPA  
& DHA

Plant  
Omega 3 sources  
do not contain  
EPA or DHA

# POTASSIUM

Potassium is a mineral which helps carry electrical signals to cells in your body. It aids in healthy fluid balance, regulates muscle contractions (including the heart muscle!), helps maintain healthy nerve function, lowers blood pressure and supports the healthy function of the kidneys.

## POTASSIUM DEFICIENCY SYMPTOMS INCLUDE:

- weakness
- fatigue
- constipation
- heart palpitations
- breathing difficulties
- muscle cramps or twitching
- anxiety
- mood changes

## POTASSIUM RICH FOODS (Recommended Daily Allowance= 3510-4700mg)



**Baked squash**  
896mg per 1 cup



**Baked potato**  
738mg per small potato



**Cooked salmon**  
628mg per 100g



**Coconut water**  
600mg per 1 cup



**Avocado**  
487 mg per 1/2 medium avocado



**Chickpeas**  
477mg per 1 cup



**Banana**  
422mg per 1 medium banana



**Milk**  
366mg per 240ml



**Cauliflower**  
300mg per 1 cup



**Cooked mushrooms**  
278mg per 1/2 cup



# VITAMIN B12

Vitamin B12 is a key vitamin, also known as cobalamin. It plays a role in red blood cell production, making DNA, helps keep the body's nerve cells stay healthy, and involved in neurotransmitter production.

## VITAMIN B12 DEFICIENCY SYMPTOMS INCLUDE:

- weakness
- fatigue
- numbness or tingling in hands, legs or feet
- difficulty walking or balance problems
- impaired memory
- irritability
- dementia
- depression
- anxiety
- psychosis
- anemia
- paleness
- a swollen inflamed tongue
- burning or itching mouth
- shortness of breath

## VITAMIN B12 RICH FOODS (Recommended Daily Allowance= 2.4-2.8mcg)



**Oysters**  
24.5mcg per 3 oysters



**Mackerel**  
12mcg per 100g



**Beef steak**  
7.5mcg per 100g



**Chicken Liver**  
7.3mcg per 100g



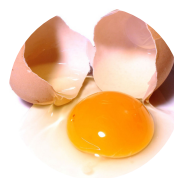
**Greek Yoghurt**  
1.36mcg per 170g



**Milk**  
1.1mcg per 250ml



**Pork Loin**  
0.7mcg per 100g



**Eggs**  
0.4mcg per egg



**Colby Cheese**  
0.2mcg per 28g



**Chicken Breast**  
0.2mcg per 100g

# ZINC

Zinc is a key mineral that is used in over 200 functions in the body. It plays a role in the immune system, helps the skin, is required for appetite, protects against toxins and is essential in fertility. Zinc is important for mental health too. It is the second highest mineral found in the brain, it helps to make serotonin and also act as a neurotransmitter.

## ZINC DEFICIENCY SYMPTOMS INCLUDE:

- reduced sense of smell & taste
- white dots in the fingernails
- stretchmarks
- acne
- poor wound healing
- eczema & psoriasis
- low immunity
- coldsores
- delayed puberty
- infertility
- anorexia
- depression
- anxiety
- panic attacks
- Obsessive Compulsive Disorder (OCD)

## ZINC RICH FOODS (Recommended Daily Allowance= 8-14mg)



**Oyster**  
6mg per 1 oyster



**Beef**  
4-6mg per 100g



**Chicken Liver**  
4mg per 100g



**Cooked oatmeal**  
2.3mg per 1 cup



**Chicken Breast**  
1mg per 100g



**Tofu**  
1.6mg per 100g



**Cooked Lentils**  
1.25mg per 1/2 cup



**Cooked Salmon**  
1mg per 100g



**Cooked Shittake Mushrooms**  
0.95mg per 1/2 cup



**Eggs**  
0.65mg per 1 egg