

Nutrition and Mental Health



Fruit and Vegetable All-Stars



Top 8 Vegetables:

1. Spinach

High in vitamins K, A, C, B2, B6, B1, manganese, folate, magnesium, iron, calcium, potassium, tryptophan, and dietary fiber.

2. Broccoli

High in C, K, A, folate, dietary fiber, manganese, and potassium.

3. Bell Peppers

High in vitamins A, C, and B6.

4. Beans

High in molybdenum, tryptophan, manganese, protein, iron, phosphorus, fiber, vitamin K, omega 3 fatty acids, and much more.

5. Asparagus

High in vitamins K, A, C, B1, B2, and B6, folate, tryptophan, manganese, and fiber.

6. Cabbage

A cruciferous vegetable (known for anti-carcinogenic effects) high in vitamins K and C.

7. Sweet Potato

High in vitamins A and C.

8. Carrots

Very high in vitamin A and high in vitamins K, C, and dietary fiber.

Top 8 Fruits:

1. Apples

Have high fiber and flavonoids. Easy to transport and snack on.

2. Raspberries

(and other dark berries)

High in antioxidants and manganese.

3. Bananas

High in fiber, potassium, and vitamin B6.

4. Grapes

High in flavonoids.

5. Cantaloupe

High in vitamins A and C.

6. Avocados

High in vitamin K, fiber, potassium, folate, and good, cholesterol-lowering fats.

7. Oranges

High in vitamin C and easy to transport and snack on.

8. Pineapple

High in bromelain (protein-digesting enzymes), manganese, and vitamin C.

☆ What will do these vitamins and minerals do for me?

Beta-Carotene: an antioxidant that promotes cell communication and helps immune function.

Vitamin B1: involved in nervous system and muscle function.

Vitamin B2: needed for metabolic processes and energy production.

Vitamin B6: needed for neurotransmitter production.

Vitamin C: needed to form connective tissue, helps immune system.

Vitamin K: needed for blood clotting.

Antioxidants: promote healthy cells and prevent disease and aging.

Calcium: helps bone strength and muscle and nerve function.

Dietary Fiber: needed for bowel regularity. Lowers risk of diabetes and heart disease.

Flavonoids: protects blood vessels from rupture, prevents inflammation.

Folate: could help prevent Alzheimer's, cancer, depression, and chronic fatigue.

Iron: needed for neurotransmitter production and prevents anemia.

Magnesium: helps circulation, prevents constipation, anxiety, and menstrual cramps.

Manganese: enzyme activator needed for cell function.

Potassium: needed for muscle and nerve function, and electrolyte balance. Lowers blood pressure.

Nutritional Information from George Mateljan's website, World's Healthiest Foods at whfoods.org. Visit the website for more facts about fruits, vegetables, vitamins, and healthy eating in general.

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Please consult with your doctor before changing your diet.