

## Nutrition Tip of the Week

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### **Food and Mood: What you eat can affect how you feel.**

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What do Japan, Finland and Greenland have in common? The lowest rates of depression in the world. You may think that America's 24/7, overworked, high-tech culture is to blame for our higher rates of depression but research is pointing in another direction: what we eat. The standard American diet is low in antioxidants and nutrients but high in saturated fats, starches, sugar, sodium and other preservatives. Food consumption data shows that Americans are particularly deficient in omega-3 fatty acids, a nutrient that nutrition experts are linking to mental wellness.

Doctors are responding to the mounting evidence that food affects mood: OBs recommend omega-3s to help prevent post-partum depression, psychiatrists are using them to reduce the amount of medication their ADHD patients require. One study even shows that omega-3s may be as effective as lithium in treating people with manic depression, the most severe form of mood swings.

How do you get enough? Salmon, tuna, trout and mackerel are all high in omega-3s. Nuts, avocados, olives, olive oil, canola oil and fish oil are also good sources. Because it is hard to get a high enough daily dose of omega-3s through foods, supplements are worth it! Look for an omega-3 supplement or fish oil supplement that contains high levels of EPA and DHA for the most benefit.