

Are you experiencing...?	Your diet may lack	Foods which contain these nutrients
Anxiety	Folic Acid	<b>Green Leafy Veg</b> - Spinach, lettuce, Asparagus, beets, Savoy cabbage, bok choy, broccoli, green peas, fresh parsley, brussels sprouts, avocados/ cauliflower/avocado/ <b>Fish</b> – cod, tuna, salmon, halibut, shrimp/ <b>Meat</b> – calf’s liver, turkey/ <b>Nuts and Seeds</b> – peanuts, sesame seeds, hazel nuts, cashew nuts, walnuts/ <b>Beans and Pulses</b> -lentils, chick peas, black beans, kidney beans, pinto beans/ <b>Fruit</b> – oranges
	Magnesium	<b>Veg</b> – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress/ <b>Nuts</b> – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan / <b>Seeds</b> – pumpkin, sunflower, poppy/ <b>Wholegrains</b> – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa/ <b>Dairy</b> – plain yoghurt/ <b>Legumes</b> – baked beans/ <b>Fruit</b> – banana, kiwi, blackberries, strawberries, orange, raisins/ <b>Sweet</b> – chocolate
Poor Concentration & Attention	Vitamin B1	<b>Wholegrain</b> – spelt bread, oats, brown rice, barley, fresh pasta/ <b>Pulses</b> – lentils <b>Veg</b> – peppers, cabbage, broccoli, asparagus, romaine lettuce, mushrooms, spinach, watercress, green peas, aubergine, brussel sprouts/ <b>Seeds</b> – sunflower seeds/ <b>Nuts</b> – Brazil nuts, hazelnuts, pecans, pine nuts, pistachios, sesame seeds/ <b>Fish/seafood</b> – Tuna, salmon, mussels/ <b>Meat</b> – Pork/ <b>Legumes</b> – Soya milk
Depression	Vitamin B3	<b>Wholegrain</b> – brown rice, rice bran, wheatgerm / <b>Veg</b> – broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash/ <b>Nuts</b> – peanuts/ <b>Meat</b> – beef liver, beef kidney, pork, turkey, chicken/ <b>Fish</b> – tuna, salmon/ <b>Seeds</b> – sunflower seeds
	Vitamin B6	<b>Wholegrains</b> – brown rice, oats, bran, barley / <b>Fruit</b> – bananas, mango/ <b>Fish</b> – tuna, trout, salmon/ <b>Veg</b> – avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potato/ <b>Meat</b> – chicken, pork loin, turkey/ <b>Beans</b> – lima beans, soy beans/ <b>Pulses</b> – Chick Peas/ <b>Seeds</b> – sunflower
	Vitamin C	<b>Veg</b> – red pepper, red cabbage, broccoli, brussel sprouts, cauliflower, kale, celery, squash, cabbage, watercress/ <b>Fresh Fruit</b> – strawberries, oranges, tangerines, kiwi, cantaloupe, papaya, cranberries, pineapple
	Folic Acid	<b>Green Leafy Veg</b> - Spinach, lettuce, Asparagus, beets, Savoy cabbage, bok choy, broccoli, green peas, fresh parsley, brussels sprouts, avocados/ cauliflower/avocado/ <b>Fish</b> – cod, tuna, salmon, halibut, shrimp/ <b>Meat</b> – calf’s liver, turkey/ <b>Nuts and Seeds</b> – peanuts, sesame seeds, hazel nuts, cashew nuts, walnuts/ <b>Beans and Pulses</b> -lentils, chick peas, black beans, kidney beans, pinto beans/ <b>Fruit</b> – oranges
	Magnesium	<b>Veg</b> – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress/ <b>Nuts</b> – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan / <b>Seeds</b> – pumpkin, sunflower, poppy/ <b>Wholegrains</b> – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa/ <b>Dairy</b> – plain yoghurt/ <b>Legumes</b> – baked beans/ <b>Fruit</b> – banana, kiwi, blackberries, strawberries, orange, raisins/ <b>Sweet</b> – chocolate
	Selenium	<b>Wholegrains</b> – wheat germ, brewers yeast / <b>Meat</b> – calf liver, turkey breast / <b>Fish/seafood</b> –

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		Cod, Tuna, Halibut, Salmon, Shrimp, / <b>Vegetables</b> – mushrooms, garlic, spinach / sunflower seeds / legumes – tofu/ <b>Nuts</b> – brazil/ <b>Wholegrains</b> – barley, rye, oats, long grain brown rice/ <b>Dairy</b> – mozzarella cheese / <b>Seeds</b> – mustard, sunflower
	<b>Zinc</b>	<b>Seafood/fish</b> – oysters, mussels, shrimp / <b>Cereals</b> – fortified breakfast cereal/ <b>Nuts</b> – cashews, walnuts, almonds/ <b>Dairy</b> – mozzarella, Swiss, cheddar cheeses, low fat yoghurt / <b>Pulses</b> – chick peas, kidney beans, baked beans, lima beans/ <b>Legumes</b> – lentils, miso/ <b>Meat</b> – chicken (dark meat), turkey, lamb, pork, ground beef/ <b>Seeds</b> – pumpkin, sesame/ <b>Vegetables</b> – spinach, mushrooms, squash, asparagus, broccoli <b>Fruit</b> – blackberries, kiwi
	<b>Omega 3 fatty acids</b>	<b>Fish</b> – Salmon, sardines, mackerel, Scallops, fresh tuna, halibut, shrimp, cod, trout/ <b>Seeds</b> – Flax/ <b>Nuts</b> – Walnuts
	<b>Tryptophan</b>	<b>Lean meat</b> – Skinless turkey, skinless chicken, / <b>Dairy</b> – plain yoghurt, milk, eggs, cheddar, gruyere, swiss, cottage cheeses/ <b>Nuts</b> – almonds, pistachios, pecan, hazelnuts, peanuts/soy nuts/ <b>Seeds</b> – poppy, pumpkin, sesame seeds/ <b>Pulses</b> – lentils, chick peas (hummus)/ <b>Legumes</b> – kidney, lima beans, soya/ <b>Vegetables</b> – spinach, watercress, cabbage/ <b>Wholegrains</b> – porridge oats, brown rice/ <b>Fruits</b> – bananas, pineapple, plums, dates, figs, prunes
	<b>Tyrosine</b>	<b>Lean meat</b> – turkey, tuna, chicken liver, beef liver/ <b>Dairy</b> – Cheddar, stilton, boursault, camembert, emmenthal, gruyere, mozzarella, parmesan, swiss cheeses, sour cream/ <b>Veg</b> – avocados, green beans, tofu, miso soup, soy sauce, spinach, yeast extract (marmite etc)/ <b>Fruit</b> – bananas, canned figs, plums, raisins, tomatoes, prunes
	<b>GABA</b>	<b>Wholegrains</b>
<b>Poor Memory</b>	<b>Vitamin B5</b>	<b>Wholegrains</b> – oatmeal, brown rice, wheatgerm, bran, brown bread/ <b>Dairy</b> – yoghurt/ <b>Fruits</b> – watermelon, blackberry, lemon, raspberry, strawberry/ <b>Veg</b> – broccoli, watercress, cauliflower, alfalfa sprouts, peas, carrot, celery, avocado, sweet potato, mushrooms/ <b>Legumes</b> – broad beans/ <b>Pulses</b> – chick peas
	<b>Vitamin B6</b>	<b>Wholegrains</b> – brown rice, oats, bran, barley / <b>Fruit</b> – bananas, mango/ <b>Fish</b> – tuna, trout, salmon/ <b>Veg</b> – avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potato/ <b>Meat</b> – chicken, pork loin, turkey/ <b>Beans</b> – lima beans, soy beans/ <b>Pulses</b> – Chick Peas/ <b>Seeds</b> – sunflower
	<b>Vitamin B12</b>	<b>Meat</b> – calf liver, chicken, turkey, lamb/ <b>Fish/Seafood</b> – salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams/ <b>Dairy Products</b> – cottage cheese, low fat yoghurt, boiled or poached eggs, milk
	<b>Omega 3 fatty acids</b>	<b>Fish</b> – Salmon, sardines, mackerel, Scallops, fresh tuna, halibut, shrimp, cod, trout/ <b>Seeds</b> – Flax/ <b>Nuts</b> – Walnuts

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Irritability	Vitamin B6	<b>Wholegrains</b> – brown rice, oats, bran, barley / <b>Fruit</b> – bananas, mango / <b>Fish</b> – tuna, trout, salmon / <b>Veg</b> – avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potato / <b>Meat</b> – chicken, pork loin, turkey / <b>Beans</b> – lima beans, soy beans / <b>Pulses</b> – Chick Peas / <b>Seeds</b> – sunflower
	Magnesium	<b>Veg</b> – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress / <b>Nuts</b> – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan / <b>Seeds</b> – pumpkin, sunflower, poppy / <b>Wholegrains</b> – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa / <b>Dairy</b> – plain yoghurt / <b>Legumes</b> – baked beans / <b>Fruit</b> – banana, kiwi, blackberries, strawberries, orange, raisins / <b>Sweet</b> – chocolate
	Selenium	<b>Wholegrains</b> – wheat germ, brewers yeast / <b>Meat</b> – calf liver, turkey breast / <b>Fish/seafood</b> – Cod, Tuna, Halibut, Salmon, Shrimp, / <b>Vegetables</b> – mushrooms, garlic, spinach / sunflower seeds / legumes – tofu / <b>Nuts</b> – brazil / <b>Wholegrains</b> – barley, rye, oats, long grain brown rice / <b>Dairy</b> – mozzarella cheese / <b>Seeds</b> – mustard, sunflower
Stress	Vitamin B6	<b>Wholegrains</b> – brown rice, oats, bran, barley / <b>Fruit</b> – bananas, mango / <b>Fish</b> – tuna, trout, salmon / <b>Veg</b> – avocado, watercress, bok choy, potato / <b>Meat</b> – chicken, pork loin, turkey / <b>Beans</b> – lima beans, soy beans / <b>Pulses</b> – Chick Peas / <b>Seeds</b> – sunflower
	Vitamin B3	<b>Wholegrain</b> – brown rice, rice bran, wheatgerm / <b>Veg</b> – broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash / <b>Nuts</b> – peanuts / <b>Meat</b> – beef liver, beef kidney, pork, turkey, chicken / <b>Fish</b> – tuna, salmon / <b>Seeds</b> – sunflower seeds
	Magnesium	<b>Veg</b> – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress / <b>Nuts</b> – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan / <b>Seeds</b> – pumpkin, sunflower, poppy / <b>Wholegrains</b> – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa / <b>Dairy</b> – plain yoghurt / <b>Legumes</b> – baked beans / <b>Fruit</b> – banana, kiwi, blackberries, strawberries, orange, raisins / <b>Sweet</b> – chocolate
Confusion	Vitamin B12	<b>Meat</b> – calf liver, chicken, turkey, lamb / <b>Fish/Seafood</b> – salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams / <b>Dairy Products</b> – cottage cheese, low fat yoghurt, boiled or poached eggs, milk
	Zinc	<b>Seafood/fish</b> – oysters, mussels, shrimp / <b>Cereals</b> – fortified breakfast cereal / <b>Nuts</b> – cashews, walnuts, almonds / <b>Dairy</b> – mozzarella, Swiss, cheddar cheeses, low fat yoghurt / <b>Pulses</b> – chick peas, kidney beans, baked beans, lima beans / <b>Legumes</b> – lentils, miso / <b>Meat</b> – chicken (dark meat), turkey, lamb, pork, ground beef / <b>Seeds</b> – pumpkin, sesame / <b>Vegetables</b> – spinach, mushrooms, squash, asparagus, broccoli / <b>Fruit</b> – blackberries, kiwi
Insomnia	Magnesium	<b>Veg</b> – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress / <b>Nuts</b> – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios,

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		walnuts, pecan / <b>Seeds</b> – pumpkin, sunflower, poppy/ <b>Wholegrains</b> – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa/ <b>Dairy</b> – plain yoghurt/ <b>Legumes</b> – baked beans/ <b>Fruit</b> – banana, kiwi, blackberries, strawberries, orange, raisins/ <b>Sweet</b> – chocolate
<b>Blank Mind</b>	<b>Zinc</b>	<b>Seafood/fish</b> – oysters, mussels, shrimp / <b>Cereals</b> – fortified breakfast cereal/ <b>Nuts</b> – cashews, walnuts, almonds/ <b>Dairy</b> – mozzarella, Swiss, cheddar cheeses, low fat yoghurt / <b>Pulses</b> – chick peas, kidney beans, baked beans, lima beans/ <b>Legumes</b> – lentils, miso/ <b>Meat</b> – chicken (dark meat), turkey, lamb, pork, ground beef/ <b>Seeds</b> – pumpkin, sesame/ <b>Vegetables</b> – spinach, mushrooms, squash, asparagus, broccoli <b>Fruit</b> – blackberries, kiwi
<b>Loss of Appetite</b>	<b>Zinc</b>	<b>Seafood/fish</b> – oysters, mussels, shrimp / <b>Cereals</b> – fortified breakfast cereal/ <b>Nuts</b> – cashews, walnuts, almonds/ <b>Dairy</b> – mozzarella, Swiss, cheddar cheeses, low fat yoghurt / <b>Pulses</b> – chick peas, kidney beans, baked beans, lima beans/ <b>Legumes</b> – lentils, miso/ <b>Meat</b> – chicken (dark meat), turkey, lamb, pork, ground beef/ <b>Seeds</b> – pumpkin, sesame/ <b>Vegetables</b> – spinach, mushrooms, squash, asparagus, broccoli <b>Fruit</b> – blackberries, kiwi
<b>Lack of Motivation</b>	<b>Zinc</b>	<b>Seafood/fish</b> – oysters, mussels, shrimp / <b>Cereals</b> – fortified breakfast cereal/ <b>Nuts</b> – cashews, walnuts, almonds/ <b>Dairy</b> – mozzarella, Swiss, cheddar cheeses, low fat yoghurt / <b>Pulses</b> – chick peas, kidney beans, baked beans, lima beans/ <b>Legumes</b> – lentils, miso/ <b>Meat</b> – chicken (dark meat), turkey, lamb, pork, ground beef/ <b>Seeds</b> – pumpkin, sesame/ <b>Vegetables</b> – spinach, mushrooms, squash, asparagus, broccoli <b>Fruit</b> – blackberries, kiwi
	<b>Tyrosine</b>	<b>Lean meat</b> – turkey, tuna, chicken liver, beef liver/ <b>Dairy</b> – Cheddar, stilton, boursault, camembert, emmenthal, gruyere, mozzarella, parmesan, swiss cheeses, sour cream/ <b>Veg</b> – avocados, green beans, tofu, miso soup, soy sauce, spinach, yeast extract (marmite etc)/ <b>Fruit</b> – bananas, canned figs, plums, raisins, tomatoes, prunes

### Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.