

EAT WELL, STAY WELL



People who eat a diet high in whole foods (such as fruits, vegetables, nuts, whole grains, legumes, fish and unsaturated fats) are up to **35% less likely to develop depression.**



Similarly, a poor diet high in sugary, processed foods can **increase the risk of depression by as much as 60%.**



A healthy diet can be within reach. If cost is an issue, choose canned or frozen vegetables and fish and dried fruits and beans.

Good nutrition can help improve mental health.

It is a proven fact that nutrition is intertwined with human cognition, behavior, and emotions. To help stay well physically and mentally, make sure you consume plenty of essential vitamins, minerals, and omega-3 fatty acids.

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH A MENTAL HEALTH ISSUE, WE CAN HELP. CONTACT US TODAY.

Sources: National Institutes of Health, Mental Health America
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