

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

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

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	Vitamin B6	Wholegrains – brown rice, oats, bran, barley / Fruit – bananas, mango / Fish – tuna, trout, salmon / Veg – avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potato / Meat – chicken, pork loin, turkey / Beans – lima beans, soy beans / Pulses – Chick Peas / Seeds – sunflower
	Vitamin B12	Meat – calf liver, chicken, turkey, lamb / Fish/Seafood – salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams / Dairy Products – cottage cheese, low fat yoghurt, boiled or poached eggs, milk
	Omega 3 fatty acids	Fish – Salmon, sardines, mackerel, Scallops, fresh tuna, halibut, shrimp, cod, trout / Seeds – Flax / Nuts – Walnuts

Irritability	Vitamin B6	Wholegrains – brown rice, oats, bran, barley / Fruit – bananas, mango / Fish – tuna, trout, salmon / Veg – avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potato / Meat – chicken, pork loin, turkey / Beans – lima beans, soy beans / Pulses – Chick Peas / Seeds – sunflower
	Magnesium	Veg – spinach, watercress, avocado, peppers, broccoli, brussel sprouts, green cabbage, watercress / Nuts – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan / Seeds – pumpkin, sunflower, poppy / Wholegrains – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa / Dairy – plain yoghurt / Legumes – baked beans / Fruit – banana, kiwi, blackberries, strawberries, orange, raisins / Sweet – chocolate
	Selenium	Wholegrains – wheat germ, brewers yeast / Meat – calf liver, turkey breast / Fish/seafood – Cod, Tuna, Halibut, Salmon, Shrimp, / Vegetables – mushrooms, garlic, spinach / sunflower seeds / legumes – tofu / Nuts – brazil / Wholegrains – barley, rye, oats, long grain brown rice / Dairy – mozzarella cheese / Seeds – mustard, sunflower
Stress	Vitamin B6	Wholegrains – brown rice, oats, bran, barley / Fruit – bananas, mango / Fish – tuna, trout, salmon / Veg – avocado, watercress, bok choy, potato / Meat – chicken, pork loin, turkey / Beans – lima beans, soy beans / Pulses – Chick Peas / Seeds – sunflower
	Vitamin B3	Wholegrain – brown rice, rice bran, wheatgerm / Veg – broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash / Nuts – peanuts / Meat – beef liver, beef kidney, pork, turkey, chicken / Fish – tuna, salmon / Seeds – sunflower seeds

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	Magnesium	Veg – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress/ Nuts – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan/ Seeds – pumpkin, sunflower, poppy/ Wholegrains – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa/ Dairy – plain yoghurt/ Legumes – baked beans/ Fruit – banana, kiwi, blackberries, strawberries, orange, raisins/ Sweet – chocolate
Confusion	Vitamin B12	Meat – calf liver, chicken, turkey, lamb/ Fish/Seafood – salmon, halibut, bass, tuna, shrimp, trout, oysters, crab, clams/ Dairy Products – cottage cheese, low fat yoghurt, boiled or poached eggs, milk
	Zinc	Seafood/fish – oysters, mussels, shrimp/ Cereals – fortified breakfast cereal/ Nuts – cashews, walnuts, almonds/ Dairy – mozzarella, Swiss, cheddar cheeses, low fat yoghurt/ Pulses – chick peas, kidney beans, baked beans, lima beans/ Legumes – lentils, miso/ Meat – chicken (dark meat), turkey, lamb, pork, ground beef/ Seeds – pumpkin, sesame/ Vegetables – spinach, mushrooms, squash, asparagus, broccoli Fruit – blackberries, kiwi
Insomnia	Magnesium	Veg – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress/ Nuts – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan/ Seeds – pumpkin, sunflower, poppy/ Wholegrains – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa/ Dairy – plain yoghurt/ Legumes – baked beans/ Fruit – banana, kiwi, blackberries, strawberries, orange, raisins/ Sweet – chocolate
Blank Mind	Zinc	Seafood/fish – oysters, mussels, shrimp/ Cereals – fortified breakfast cereal/ Nuts – cashews, walnuts, almonds/ Dairy – mozzarella, Swiss, cheddar cheeses, low fat yoghurt/ Pulses – chick peas, kidney beans, baked beans, lima beans/ Legumes – lentils, miso/ Meat – chicken (dark meat), turkey, lamb, pork, ground beef/ Seeds – pumpkin, sesame/ Vegetables – spinach, mushrooms, squash, asparagus, broccoli Fruit – blackberries, kiwi
Loss of Appetite	Zinc	Seafood/fish – oysters, mussels, shrimp/ Cereals – fortified breakfast cereal/ Nuts – cashews, walnuts, almonds/ Dairy – mozzarella, Swiss, cheddar cheeses, low fat yoghurt/ Pulses – chick peas, kidney beans, baked beans, lima beans/ Legumes – lentils, miso/ Meat – chicken (dark meat), turkey, lamb, pork, ground beef/ Seeds – pumpkin, sesame/ Vegetables – spinach, mushrooms, squash, asparagus, broccoli Fruit – blackberries, kiwi

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Lack of Motivation	Zinc	Seafood/fish – oysters, mussels, shrimp / Cereals – fortified breakfast cereal/ Nuts – cashews, walnuts, almonds/ Dairy – mozzarella, Swiss, cheddar cheeses, low fat yoghurt / Pulses – chick peas, kidney beans, baked beans, lima beans/ Legumes – lentils, miso/ Meat – chicken (dark meat), turkey, lamb, pork, ground beef/ Seeds – pumpkin, sesame/ Vegetables – spinach, mushrooms, squash, asparagus, broccoli Fruit – blackberries, kiwi
	Tyrosine	Lean meat – turkey, tuna, chicken liver, beef liver/ Dairy – Cheddar, stilton, boursault, camembert, emmenthal, gruyere, mozzarella, parmesan, swiss cheeses, sour cream/ Veg – avocados, green beans, tofu, miso soup, soy sauce, spinach, yeast extract (marmite etc)/ Fruit – 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.