

# MENTAL HEALTH GROCERY LIST

## Fatty fish

Anchovy

Mackerel

Salmon

Sardines

Shad

Tuna

## Flaxseed

Chia seeds

Canola and soybean oils

Nuts, especially walnuts.

Dark green, leafy vegetables.

Kale

Spinach

## Berries

Blueberries

Raspberries

Strawberries

Blackberries