

Dietary Information

Food Category	Mean Antidepressant Food Score
Oysters	56%
Vegetables	48%
Organ meats	25%
Fruits	20%
Seafood	16%
Legumes	8%
Meats	8%
Grains	5%
Nuts & Seeds	5%
Dairy	3%

Foods: There are twelve main “Antidepressant Nutrients” that relate to the prevention and treatment of depressive disorders. They are: Folate, iron, long-chain omega-3 fatty acids (EPA and DHA), magnesium, potassium, selenium, thiamine, vitamin A, vitamin B6, vitamin B12, vitamin C, vitamin D and zinc. The highest scoring foods are bivalves such as oysters and mussels, various seafoods, and organ meats for animal foods. The highest scoring plant foods are leafy greens, lettuces, peppers, and cruciferous vegetables. The above percentages were published as a means of comparing the relative value of these foods when comparing them amongst the group – a score of 48% (vegetables) **DOES NOT** indicate that there is a 48% probability of recovering from depression with this food.

Current Limitations: The current body of research offers general guidelines about which foods one may prioritize when using diet to **SUPPLEMENT** the established treatments for depression and anxiety (therapy and medication), but it does not give specifics on how much of a dietary change one should make or for how long one should make the change. So, although there may be some benefit in adjusting one’s diet to maximize these “Antidepressant Nutrients”, we do not have the data to make predictions about which specific meal plans are likely to be effective.

Note: There is inadequate data to support the sole use of any dietary change as a treatment for depression and/or anxiety. The Standard of Care for depression and anxiety continues to be medication and/or therapy. Dietary adjustments should be considered for supplemental purposes only.

Data Taken From

- 2018 research review article published in The World Journal of Psychiatry; 2018 Sep 20; 8(3): 97-104. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6147775/pdf/WJP-8-97.pdf>)
- 2017 publication of a Randomized Control Trial published in BMC Medicine Journal; 2017, 15-23 (<https://bmcmedicine.biomedcentral.com/track/pdf/10.1186/s12916-017-0791-y>)
- 2015 publication in the journal of Nutritional Neuroscience; 20(3) · August 2015. (https://www.researchgate.net/publication/281305437_Dietary_recommendations_for_the_prevention_of_depression)