

EAT TO BEAT DEPRESSION AND ANXIETY

Nourish Your Way to Better
Mental Health in Six Weeks



DREW RAMSEY, MD

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

EAT TO BEAT DEPRESSION AND ANXIETY. Copyright © 2021 by Drew Ramsey. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address HarperCollins Publishers, 195 Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at SPsales@harpercollins.com.

FIRST EDITION

Illustrations by Katrin Wietek

Library of Congress Cataloging-in-Publication Data has been applied for.

ISBN 978-0-06-303171-5

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

Chapter 7


.....

EATER, HEAL THYSELF

Nourishment Beyond Nutrients: Key
Lessons from the Brain Food Clinic

WHAT’S YOUR DIETARY PATTERN?

FOOD JOURNAL

Day 	Breakfast	Lunch	Dinner
Meals			
Snacks			
Caffeine Intake			
Alcohol Intake			

MOOD:

1

2

3

4

5



6


7

8

9

10



 SLEEP QUALITY:

ANXIETY:

Low

High

Chapter 9

.....

THE SIX-WEEK PLAN AND RECIPES

You've learned a lot about how food impacts your brain health, as well as the specific foods and food categories that can help you eat to beat depression and anxiety. It's now time to put that knowledge into action. The six-week plan is a jumping-off point I created to help people who are struggling with mood or anxiety symptoms—but just don't quite know where to begin. I use plans like this one all the time at the Brain Food Clinic. It's a great way to help my patients find a simple, personalized, and sustainable way to change their diet to include more brain-healthy nutrients.¹

I'm not asking you to overhaul your entire diet. That's just not realistic. I'm also not here to force you to eat foods you don't like; that won't help in the long run, either. Rather, this six-week plan will provide simple guidance, one week at a time, to highlight the common areas where Samantha Elrief and I have seen our patients find the most success. Our goal is to equip you with a strong foundation for brain-healthy eating that you can build upon over time. How you eat to beat depression and anxiety today will likely not look the same as it does six weeks, three months, or even a year from now. As you try new dishes, improve your kitchen skills, and gain more confidence in how to best nourish your brain, you'll find your dietary patterns slowly but surely evolving. That's the way to do it.

Each week's section will address a specific food category and

include information about goals, easy swaps and substitutions, challenges, and simple, delicious recipes. At the end of each week, there's an assessment to help celebrate your successes as you achieve your unique SMART goals—those specific, measurable, achievable, realistic, and timely objectives you put into place. It's also a place where you can consider where things maybe didn't go as well as planned, so you can identify what you might tweak next time.

Over the next six weeks, you'll notice how each food category builds on the other; foods from the previous week are integrated into the subsequent week's recipes and meal planning. Then, once these four critical food categories are in place, the plan adds in foods that can help support a healthy, diverse microbiome. Finally, during the last week of the plan, we ask you to think about your food roots and how a better connection to your food culture, local food system, and greater food community can help you continue to best nourish your brain long after you finish the six weeks.

Treat it like your new mantra: there's no one single way to eat to beat depression and anxiety. While we've included recipes for you to try, they're not part of any requisite meal plan. They're jumping-off points for integrating more nutrient-dense foods into your diet, but they're certainly not the only way to do so. As you move through the next six weeks, figure out what works for you. Instead of cooking up a green shakshuka for breakfast, maybe you feel more comfortable adding a handful of kale or watercress to your scrambled eggs. Perhaps you still feel a little intimidated about cooking your own seafood dishes at home, but, like Pete, you're open to ordering some fish tacos from your favorite takeout joint. There are many roads to success. The only requirement is that you get on one of them. I assure you, no matter your current dietary pattern or specific eating challenges, there is a path forward for you.

Your greatest asset is your brain. You want to keep it as healthy as possible for both yourself and those you love. By using this evidence-based plan as a starting point, you can develop the skills

and expertise to eat to beat depression and anxiety—and support brain health for a lifetime.

One note before we get started: while the following plan is designed to occur over a six-week period, with each lesson building on the one before it, there's no reason why it can't be an eight-, twelve-, or even thirty-week plan. Making changes to your diet can be challenging, especially if you're struggling with your mental health. The goal is progress, not perfection—and everyone has their own pace. If you didn't meet your goals one week, or if you weren't feeling up to continuing another week, that's okay. You can always redo a food category to help you better meet your goals. In fact, if you need to, you can repeat a category several times to get to where you want to be. If you had to take some time away from the plan for a week or two, just pick up where you left off. Life happens. Don't let guilt or shame get in the way of building your skills to better nourish your brain. How you eat to beat depression and anxiety is entirely up to you. If you need more time to get there, I promise it won't diminish your ultimate success.

WEEK 1: LEAFY GREENS (AND OTHER COLORS)

There's a reason why everyone—no matter what kind of diet they may be recommending—is on board with leafy greens. Kale, mustard greens, spinach, and watercress are the foundation of the Earth's food supply. When you track how almost any food you love comes into existence, you'll likely see it all started with an energy source and a leaf. That's one of the biggest reasons why leafy greens (or reds or purples—we don't discriminate) should be included in most of the meals you eat.

When you include an ample serving of leaves in your diet, you can ensure you're getting more hydration, satiation, and nutrient density with every meal. You're also getting that vital fiber that your microbiome loves, as well as a myriad of phytonutrients, vitamins,

and minerals to keep your body and brain in top shape.

Consider a simple cup of kale. It contains only 33 calories but gives you over 600% of your daily recommended vitamin K, 200% of your daily vitamin A, and 134% of your vitamin C, not to mention iron, folate, calcium, and its array of inflammation-fighting phytonutrients. That's a whole lot of nutrition.

During this week, the goal is to try to eat at least **1 to 2 packed cups of chopped greens** per day—more if you can manage it. (If this seems like a lot, a quick sauté or wilt in soup for sauce reduces this amount to a few bites. For an example see the Turkey Zucchini Skillet Lasagna.)

How to Start

Look back over the food assessment you completed in Chapter 7. Where are you when it comes to greens? Is your greens game already on point, getting those 1 to 2 cups each day? If so, perhaps your goal this week should be to vary them. Try some sunflower seed sprouts or mustard greens instead of your usual go-to varieties.

If greens are a challenge for you, one of the easiest ways to start adding these nutrient powerhouses into your diet is by blending up a brain-boosting smoothie. Throw half a banana, some berries, a handful of walnuts, a cup of kale, and some ice and kefir into the blender for a tasty, filling breakfast that will truly up the brain-nutrient ante for you. You can also lean on your favorite foods as a vehicle for these greens. Many of my patients throw watercress into cheesy scrambled eggs or add extra spinach to a lasagna or enchiladas. When you think about your SMART goals for this week, identify easy swaps, substitutions, or enhancements to your go-to meals to get that cup of this nutrient-dense food.

Tips and Tricks

One of my favorite things about leaves is their amazing versatility.

When you ask people about greens, the first thing many mention is an iceberg lettuce salad. Boring! There are so many other amazing ways to add greens to your meals. The salad is a great place to start, of course. Susan, for example, got a lot of mileage from swapping out iceberg lettuce for arugula and red-leaf lettuce. You, too, can increase the quality of your salad by adding in your favorite leafy green. But you can also grind greens into a tasty pesto, add some to your go-to sauté, or fold them into a flavorful stir-fry. Leaves are truly a category where you're limited only by your imagination.

I'm often asked whether we should be eating our greens raw or cooked. And my answer is always a resounding yes! Eat them both ways. If you simmer down your greens, it's true that you'll lose some of the folate and heat-sensitive phytonutrients. Regardless, you'll still get a massive dose of healthy vitamins and minerals in each and every bite. And if you're feeling a bit reticent about eating raw greens, you should know that the right dressing or sauce—like the rich, creamy, garlic-based dressing in the All Kale Caesar—really makes all the difference.

This is a wonderful time to explore. Most supermarkets boast a cornucopia of fresh, mixed, frozen, and bagged options that make it easy to add this food to any meal. Truly, when you start to think outside the salad, you'll soon see that greens can be a core component of breakfast, lunch, or dinner. You can start your day with a mouthwatering green shakshuka for breakfast, followed by a simmering bowl of caldo verde for lunch, and then top it all off with your favorite dish paired with pesto for dinner. Delicious!

Challenge

The biggest challenge for most people is finding new ways to eat greens. But once they try new dishes and different styles of preparation, they discover how much they enjoy eating leaves—certainly more than they thought they would. One note, however: unwashed leafy greens are a common vector for pathogens like *E. coli*, salmo-

nella, and listeria. Be sure to carefully wash them to avoid illness—just fill a bowl with cool water and swish the greens inside. All the dirt will accumulate at the bottom. Alternatively, you can buy bags of triple-washed leaves from the grocery store.

LEAFY GREENS



Green Shakshuka

SERVES 4

This dish delivers ample choline and B vitamins—key for stable moods and a calm mind. Start the day with eggs and greens? Yes, please! Make this year-round using any leafy green that you love . . . collards in the wintertime, Swiss chard and kale in the spring, and spinach in the summer, or use a combination. Serving this dish with crusty bread or pita is a fabulous way to scoop up all of the saucy greens and egg yolk, but the crunchy seeds provide a great texture and bite without the bread. To make a traditional tomato-based shakshuka but still get tons of greens in, use one 14.5-ounce can of diced tomatoes instead of the vegetable broth. Simmer until thickened to the consistency of a marinara sauce, then season to taste. Crack the eggs into this mixture.

2 tablespoons olive oil	$\frac{1}{4}$ teaspoon red pepper flakes
2 large bunches Swiss chard (about 1½ pounds), stems and leaves coarsely chopped and kept separate (about 9 packed cups)	$\frac{1}{4}$ teaspoon ground turmeric
1 medium yellow onion, diced	$\frac{1}{3}$ cup low-sodium vegetable broth
3 garlic cloves, minced	8 large eggs
1 teaspoon ground cumin	3 ounces feta cheese, crumbled (about $\frac{3}{4}$ cup)
Kosher salt	2 tablespoons chopped fresh cilantro
$\frac{1}{2}$ teaspoon smoked paprika	2 tablespoons chopped pepitas (pumpkin seeds)

Warm the olive oil in a 12-inch skillet over medium-high heat. Add the Swiss chard *stems only* and onion. Cook, stirring often, for 4 to 5 minutes, until tender.

Add the garlic, cumin, $\frac{3}{4}$ teaspoon salt, the paprika, red pepper flakes, and turmeric and cook, stirring, for 1 more minute, or until very fragrant. Stir in the Swiss chard leaves and vegetable broth and cook for 2 to 3 minutes, until the leaves are tender and most of the broth has evaporated.

Reduce the heat to medium-low. Using the back of a wooden spoon, create eight divots in the chard mixture. Crack an egg into each. Season the eggs with a pinch of salt. Cook until the whites are almost set, 5 to 7 minutes. Sprinkle the cheese over the top, then cover and cook until the whites are set and the yolks are cooked

to your liking, 2 to 4 minutes more.

Serve in shallow bowls garnished with the cilantro and pepitas.

NUTRITIONAL STATS PER SERVING: 348 Calories, 21g Protein, 17g Carbohydrates, 22g Fat (7g Saturated), 369mg Cholesterol, 6g Sugars, 5g Fiber, 744mg Sodium

TOP NUTRIENTS: Vitamin A = 130%, Vitamin B12 = 125%, Vitamin C = 80%, Choline = 69%, Magnesium = 57%

All Kale Caesar

SERVES 4

This is my favorite way to eat kale and the basis of my best kale joke.* While any kale will work, the long, dark leaves of lacinato kale are best. This filling, rich salad features top power players of kale, anchovies, and cashews. The more anchovies, the more brain benefits, as each anchovy has 85 milligrams of long-chain omega-3 fats. Traditional Caesar dressings use raw egg; we swapped in soaked cashews for a little plant-based creaminess. And there is a crunch in every single bite with nutrient-dense Pepita-Parmesan Crunch instead of croutons!

Cashew-Caesar Dressing

- | | |
|---|--|
| 4 oil-packed anchovies, drained | Juice of 1 large lemon (about 3 tablespoons) |
| 1/4 cup (packed) grated Parmesan cheese | |
| 2 tablespoons raw cashews, preferably soaked in water overnight | 1 teaspoon Dijon mustard |
| 3 Brazil nuts | 1/2 teaspoon garlic powder |
| 1 large egg yolk, at room temperature | 1/2 cup olive oil |
| | Kosher salt |

Pepita-Parmesan Crunch

- | | |
|--|--------------------------------|
| 1 1/2 tablespoons olive oil | 2 tablespoons hemp hearts |
| 1/2 cup panko breadcrumbs | 1/4 cup grated Parmesan cheese |
| 1/2 cup finely chopped pepitas (pumpkin seeds) | 1/4 teaspoon garlic powder |
| | 1/8 teaspoon kosher salt |

Salad

- | | |
|--|--------------------------|
| 2 large bunches lacinato kale (about 1 1/2 pounds) | 1/4 teaspoon kosher salt |
|--|--------------------------|

To make the Cashew-Caesar Dressing:

Put the anchovies, cheese, cashews, Brazil nuts, egg yolk, lemon juice, mustard, and garlic powder in a blender and blend to combine. It might not get totally smooth—that's okay. With the motor running on low speed, very slowly pour in the olive oil and blend until emulsified. This should take about 1 minute total. Taste and season with salt as needed. The dressing should be about the consistency of mayonnaise; if needed, thin it out with 1 teaspoon of water at a time.

To make the Pepita-Parmesan Crunch:

Warm the olive oil in a large skillet over medium heat. Add the panko, pepitas, and hemp hearts and stir to coat in the oil. Toast, stirring often, for 4 to 5 minutes, until golden brown. Stir in the cheese, garlic powder, and salt and stir until the cheese melts and clings to the breadcrumbs and is nicely toasted, 15 to 20 seconds. Remove from the heat and allow to cool completely.

To make the salad:

Remove the ribs from the kale leaves, stack the leaves in a pile, and roll them up like a burrito. Then slice the leaves as thinly as possible. (This French slicing technique is called *chiffonade*.) Place the kale in a large bowl and sprinkle with the salt. Use both hands to massage the kale for about 10 seconds, until it feels slightly damp.

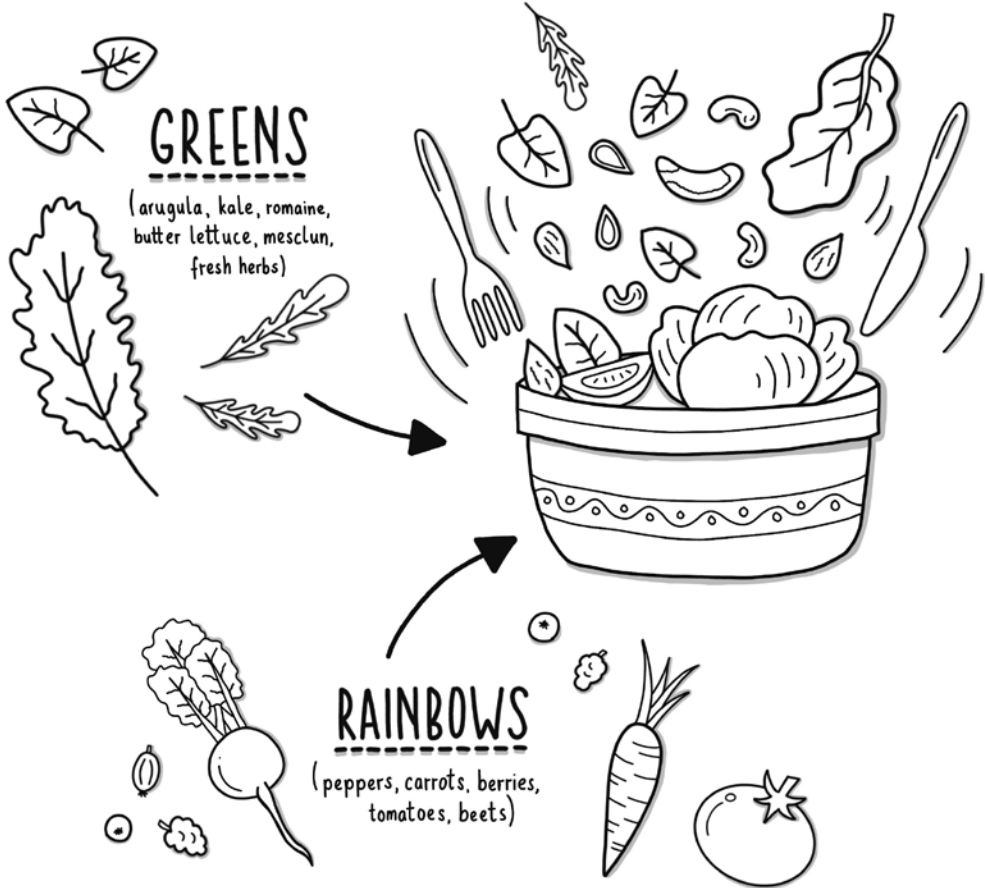
Toss in the desired amount of dressing to coat the kale. Sprinkle the Pepita-Parmesan Crunch over the top. Enjoy immediately.

**While people think kale is a fad food, did you know kale was actually consumed in ancient Rome?! After all, they greeted each other, "All kale Caesar."*

NUTRITIONAL STATS PER SERVING: 549 Calories, 16g Protein, 29g Carbohydrates, 41g Fat (7.5g Saturated), 60mg Cholesterol, 1g Sugar, 5g Fiber, 690mg Sodium

TOP NUTRIENTS: Vitamin C = 281%, Vitamin A = 194%, Selenium = 106%, Iron = 28%, Vitamin B12 = 21%

Brain-Food Salad



FERMENTED FOODS

(kimchi, sauerkraut, miso dressing, kefir dressing)



SEAFOOD

(smoked salmon, tuna, shrimp, anchovies, sardines)



NUTS & SEEDS

(almonds, pepitas, cashews, sunflower seeds, walnuts)



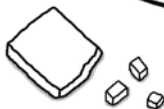
BEANS

(red beans, garbanzo beans, black beans, pinto beans)



FATS

(olive oil, avocado, feta, goat cheese, hard-boiled egg)



Brain Food Cobb Salad

SERVES 4

This salad is as nutritious as it is gorgeous. It's bursting with citrus, avocado, and two excellent sources of protein: salmon and eggs. No need to worry about which came first—your brain gets both.

Serve on whole romaine leaves (fork and knife required) or, to make it easier to eat, thinly slice the romaine before assembling. Wild salmon takes this Cobb salad to the next level, as does a variation with seafood. You can also swap in grilled chicken or wild shrimp. Check out the Brain-Food Salad formula for even more options.

Citrus Vinaigrette

$\frac{1}{3}$ cup grapefruit juice (from 1 medium grapefruit)	2 tablespoons Dijon mustard
$\frac{1}{4}$ cup orange juice (from 1 large orange)	2 tablespoons minced shallot
3 tablespoons fresh lemon juice (from 1 large lemon)	$\frac{1}{2}$ teaspoon kosher salt, plus more as needed
	$\frac{1}{3}$ cup extra-virgin olive oil

Salad

8 ounces romaine lettuce, leaves separated	1 large avocado, cubed
Kosher salt and freshly ground black pepper	2 hard-boiled eggs, peeled and chopped
1 large orange, peeled and sliced into thin rounds	8 ounces cherry tomatoes, quartered
1 large grapefruit, peeled and sliced into thin rounds	4 (6-ounce) wild salmon fillets, cooked
	$\frac{1}{3}$ cup raw cashews, chopped
	$\frac{1}{3}$ cup finely chopped fresh parsley leaves

To make the citrus vinaigrette:

Whisk the grapefruit juice, orange juice, lemon juice, mustard, shallot, and salt together in a large bowl. Whisking constantly, slowly pour in the olive oil until the dressing emulsifies. Taste and season with additional salt if needed.

To make the salad:

Arrange the romaine leaves across the bottom of a large shallow platter or bowl. Season with salt and pepper. Arrange the orange, grapefruit, avocado, hard-boiled eggs, and cherry tomatoes over the leaves in sections so that everyone can pick out their preferred amount of each ingredient. Arrange the salmon fillets over the top and scatter the cashews and parsley over everything.

Serve the citrus vinaigrette on the side.

NUTRITIONAL STATS PER SERVING: 578 Calories, 50g Protein, 27g Carbohydrates, 30g Fat (4.5g Saturated), 203mg Cholesterol, 15g Sugars, 8g Fiber, 510mg Sodium

TOP NUTRIENTS: Vitamin C = 128%, Vitamin B6 = 120%, Folate = 50%, Vitamin A = 43%, Potassium = 40%, Omega-3s (DHA+EPA) = 513% (2566mg)

Kale and Basil Pesto

SERVES 4

Pesto expands your greens intake beyond salads, stir-fries, and sautés. Use the formula to find your favorite combination. Basil and pine nuts are the classic pesto base, but there are so many other nuts and greens that make nutritious options. On our farm we started with this version by adding 1 cup of kale and swapping the pine nuts for cashews and pepitas, which deliver more iron and magnesium. For optimal freshness, and to avoid excess salt and added fats, use raw, unsalted nuts and seeds. You can deepen the flavor by toasting then cooling the nuts before adding them to the pesto. Place them on a baking sheet in a 350°F oven for 7 to 10 minutes, checking and tossing regularly, until browned.

We make and freeze pesto, as it is such a versatile base. For a killer creamy sauce great with grilled vegetables and meats, swap in $\frac{1}{2}$ cup plain, whole-fat yogurt or sour cream for the olive oil. Or make it vegan by swapping in $\frac{1}{3}$ cup nutritional yeast or miso for the Parmesan.

Kale Pesto

2 large lacinato kale leaves (about 1 cup)

Kosher salt

2 cups fresh basil leaves

$\frac{1}{2}$ cup grated Parmesan cheese

$\frac{1}{4}$ cup extra-virgin olive oil

$\frac{1}{4}$ cup unsalted, raw cashews (or try toasted—see headnote)

$\frac{1}{4}$ cup unsalted, raw pepitas

(pumpkin seeds—see headnote)

2 Brazil nuts

2 garlic cloves, smashed and peeled

Juice of 1 large lemon (about 3 tablespoons), plus more as needed

$\frac{1}{2}$ teaspoon kosher salt

Remove the tough ribs from the kale leaves and discard them. Roughly chop the kale, sprinkle with salt, and use your hands to massage the leaves until they feel

Pesto

Ingredients

- 3 cups fresh herbs or greens
- $\frac{1}{2}$ cup grated parmesan cheese
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup nuts
- 2 garlic cloves
- 1-2 teaspoons of acid
- $\frac{1}{2}$ teaspoon kosher salt



GREENS

(arugula, kale, swiss chard,
dandelion greens, beet greens, spinach,
basil, cilantro, parsley)

① Add all ingredients to a
blender and blend until smooth.

② Taste and season with more
salt and acid if needed.



ACID

(lemon juice, lime juice,
any light-colored vinegar)





FAT



(extra-virgin olive oil, avocado oil, mayonnaise, sour cream, Greek yogurt)



CHEESE

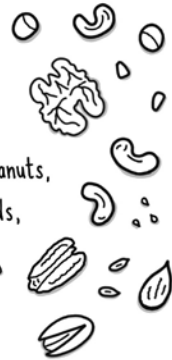
(Parmesan, Asiago, Pecorino Romano, aged Cheddar or Gouda, Manchego)

dairy-free: nutritional yeast, 2 tbsp miso, $\frac{1}{3}$ cup coconut cream)



NUTS & SEEDS

(cashews, walnuts, almonds, pine nuts, peanuts, pumpkin / sesame / sunflower seeds, macadamia nuts, pecans, pistachios)



wet and soft, 15 to 20 seconds. Place in a food processor or blender.

Add the remaining ingredients and process until smooth. You may have to scrape down the sides a couple times. Taste and season with more salt and lemon juice if needed.

NUTRITIONAL STATS PER SERVING: 153 Calories, 6g Protein, 9g Carbohydrates, 10.5g Fat (3.1g Saturated), 10mg Cholesterol, 1g Sugar, 2g Fiber, 473mg Sodium

TOP NUTRIENTS: Selenium = 149%, Vitamin C = 36%, Vitamin A = 28%, Zinc = 13%, Magnesium = 7%

Pesto Formula

SERVES 4 (ABOUT 2 CUPS PESTO)

Each time I think I know pesto, I hear about an option I'd never considered: pistachios and sunflower seeds or cilantro and radicchio. That is part of pesto's role in fighting for your mental health—the endless variations and tastes. Use this formula to help you find your combinations.

3 cups fresh basil and greens	1 to 2 tablespoons acid (lemon
$\frac{1}{2}$ cup grated Parmesan cheese	or lime juice, or a light-colored
$\frac{1}{4}$ cup extra-virgin olive oil	vinegar), plus more as needed
$\frac{1}{4}$ cup unsalted nuts (toasted or raw)	$\frac{1}{2}$ teaspoon kosher salt, plus
2 garlic cloves, smashed and peeled	more as needed

Combine all the ingredients in a food processor or blender and process until smooth, scraping down the sides as needed. Taste and season with more salt and acid if needed.

Caldo Verde

SERVES 4

This classic, simple soup is very soothing and filling. Boosting soups with chopped greens is a simple move that adds to the versatility and accessibility of greens. You can also use collards, Swiss chard, or roughly chopped spinach. Chickpeas add fiber, protein, and iron. Look for a sausage with no preservatives, ideally from pasture-raised animals. No immersion blender? Use a slotted spoon to transfer the potatoes, chickpeas, and 2 cups of broth to a blender and mix until smooth. Be sure to allow it to cool slightly before blending to avoid an explosion!

2 tablespoons olive oil	Kosher salt
1 medium yellow onion, roughly chopped	1 large bunch kale (about 1 pound), ribs removed, thinly sliced
6 garlic cloves, roughly chopped	12 ounces precooked mild Italian chicken sausage, sliced $\frac{1}{4}$ - inch thick on a slight bias
5 cups low-sodium chicken broth	Juice of 1 large lemon (about 3 tablespoons)
8 ounces Yukon Gold potatoes, diced into 1-inch pieces	Freshly ground black pepper
1 (15-ounce) can chickpeas, drained	
1 bay leaf	

Warm the olive oil in a large heavy-bottomed pot over medium-high heat. Add the onion and cook for 5 to 7 minutes, until softened. Add the garlic and cook for an additional 1 minute.

Stir in the chicken broth, potatoes, chickpeas, bay leaf, and $1\frac{1}{2}$ teaspoons salt. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and cook for 20 minutes, or until the potatoes are fork-tender.

Remove the bay leaf, then use an immersion blender to blend the soup until smooth.

Raise the heat to medium, then stir in the kale and chicken sausage and continue cooking for 3 to 5 minutes, until the kale is wilted but still slightly crunchy.

Remove from heat. Stir in the lemon juice and season with salt and pepper.

NUTRITIONAL STATS PER SERVING: 436 Calories, 27.5g Protein, 43g Carbohydrates, 19g Fat (4g Saturated), 70mg Cholesterol, 3g Sugars, 9g Fiber, 827mg Sodium

TOP NUTRIENTS: Vitamin C = 207%, Vitamin A = 126%, Vitamin B6 = 46%, Iron = 50%, Potassium 20%, Zinc = 11%

Herby Prosciutto Chicken with Sautéed Greens

SERVES 4

Goodbye boring greens, hello chicken saltimbocca. This version of the classic Italian dish skips the flour and relies on prosciutto to add rich flavor and a crispy bite. Mix and match your choice of greens—Swiss chard, kale, beet greens, spinach, and bok choy are all great options for this delicious, quick-cooking side. Chicken breasts vary in size and weight. Two larger breasts can be cut in half lengthwise to form four 6-ounce pieces, if needed. To save time you can ask your butcher to cut and/or pound the breasts.

- | | |
|--|--|
| 5 garlic cloves, divided | 4 (6-ounce) skinless, boneless |
| 1 large lemon | chicken breasts, gently pounded |
| ¼ cup fresh parsley leaves, minced | to ⅓-inch thickness |
| ¼ cup fresh basil leaves, minced | 4 slices prosciutto (about 3 ounces) |
| Kosher salt | 2 bunches Swiss chard (about 1¼ pounds), |
| ¼ teaspoon freshly ground black pepper | stems trimmed and thinly sliced, leaves |
| 2 tablespoons extra-virgin olive oil, | roughly chopped (about 10 cups) |
| divided, plus more as needed | |

Using a Microplane or the smallest holes on a box grater, grate 3 of the garlic cloves and the zest of the lemon into a bowl. Stir in the parsley, basil, 1 teaspoon salt, the pepper, and 1 tablespoon of the olive oil.

Thinly slice the remaining 2 garlic cloves, cut the lemon in half, and set aside.

Rub the herb mixture all over the chicken. Place 1 slice of prosciutto over the smooth side of each breast, pressing to help it adhere.

Heat the remaining 1 tablespoon of oil in a large skillet over medium-high heat. Add the chicken, prosciutto-side down, in batches if necessary, and cook until the prosciutto side is crispy, 4 to 5 minutes. Turn the chicken and cook until the

chicken is cooked through, about 3 minutes more.

Transfer the chicken to serving plates. Keep the skillet on medium-high heat. Add more oil if needed to reach 1 tablespoon in the skillet, then stir in the sliced garlic and half of the Swiss chard. Cook, stirring occasionally, until the chard begins to wilt, about 2 minutes. Add the remaining chard, the juice of the lemon, and $\frac{1}{4}$ teaspoon salt. Cook until the chard is wilted, 2 to 3 minutes.

Divide the chard among the serving plates.

NUTRITIONAL STATS PER SERVING: 308 Calories, 47g Protein, 6g Carbohydrates, 11.5g Fat (1.5g Saturated), 112mg Cholesterol, 1g Sugar, 2g Fiber, 880mg Sodium

TOP NUTRIENTS: Vitamin C = 48%, Vitamin A = 43%, Magnesium = 26%, Potassium = 19%, Iron = 17%

REVIEW

Consider the following questions before you move on to Week 2:

1. Did you meet your goal for the week of adding 1 to 2 cups of greens each day?
2. Celebrate your successes! What approaches worked in helping you achieve that goal? What strategies could help as you move into next week?
3. Did you try any recipes? What skill could you work on to make cooking greens-based dishes easier for you?
4. How can you best continue to add greens to your meals as you move forward?

WEEK 2: RAINBOWS

When I ask patients to describe their typical plate, too often they paint me a mental picture full of boring beiges. Mother Nature created a world full of brightly colored fruits and vegetables—all with their own unique phytonutrients to promote health. These rainbows—sometimes referred to as “brainbows”—are chock-full

of fiber and phytonutrients. Purple fruits and veggies, like eggplant and blueberries, boast phytonutrients called anthocyanins, which have amazing anti-inflammatory properties. Orange options, like carrots and sweet potatoes, get their sunny color from carotenoids, which convert into brain-boosting vitamin A. Reds—from strawberries to tomatoes—denote lycopene, an antioxidant dynamo of a nutrient. With so many incredible colors and tastes to choose from, why settle for beige?

Like greens, rainbow fruits and veggies should make up the bulk of your meals. Your goal is to add **1/2 cup or more of rainbows** to each meal.

How to Start

When reviewing your food assessment from Chapter 7 which rainbow fruits and veggies were regular players in your current diet? Where could you add more?

Vegetables can be challenging for some eaters. They don't like the taste or texture of vegetables and tend to gravitate toward basic options like carrots and broccoli. That's why one of the best ways to improve your rainbow consumption is to do an exercise we call "Build the Rainbow."

Consider the colors of the rainbow: purple, blue, green, yellow, orange, and red. First, list the fruits and vegetables in each color that you enjoy. Now, think about how you can build a rainbow into your veggie or fruit salad. Can you find a way to incorporate all six colors? What about in another dish like the Brainbow Kimchi Fried Rice? The ultimate goal is to find ways to build a rainbow—or at least include fruits and/or vegetables of multiple colors—in each and every dish.

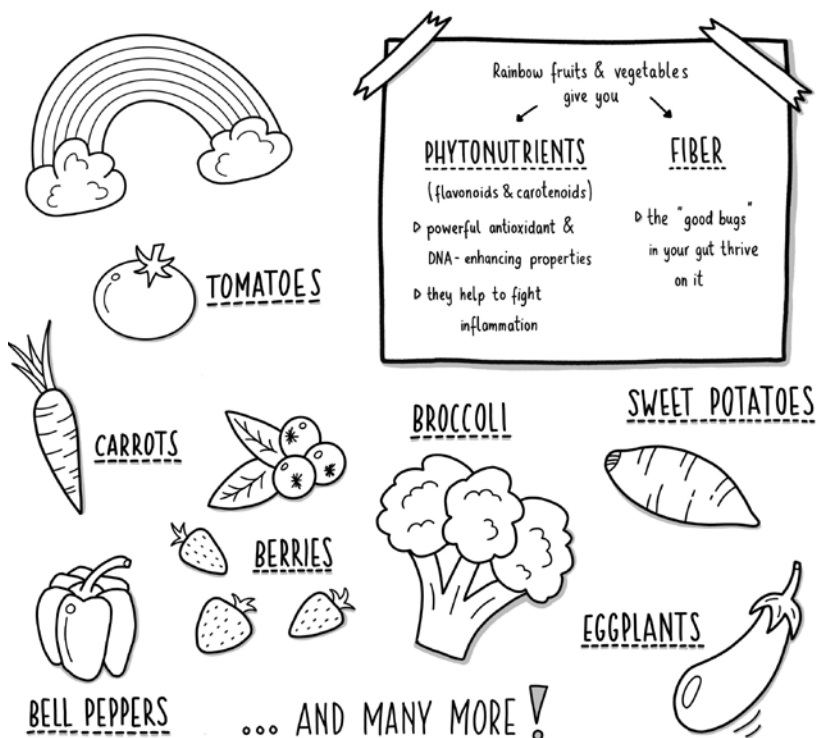
Tips and Tricks

One way to make sure you're getting enough of the rainbow is to shop with intention. Next time you're out shopping, take a good look around the produce section. There are so many exciting, color-

ful options; don't limit yourself! Why not branch out and try some purple sweet potatoes in the Crispy Pan-Seared Sweet Potatoes? Maybe try a watermelon radish or radicchio? Grab a fresh avocado for some Crunchy Seedy Avocado Toast? There are so many delicious choices.

I'd also recommend having some frozen veggies—staples like onions, peas, peppers, and broccoli—on hand at all times. That makes it super easy to just grab a handful from the freezer when it's time to make a meal.

RAINBOWS



Challenge

The biggest challenge most people face when it comes to increasing rainbow intake is simply knowing how to make these foods taste delicious. Too many of us were raised on mushy canned or boiled veggies. But you don't have to eat boiled peas for the rest of your life. Learning to cook vegetables in ways that minimize their nutrient loss and increase their flavor profile is a skill that can help you in your quest to eat to beat depression and anxiety. Try a fun sauté or stir-fry with as many rainbow colors as you can find. Savor meals punctuated by roasted brussels sprouts or cauliflower. And don't forget to rely on delicious sauces or dips to make rainbows more of a treat than a chore.

Crunchy Seedy Avocado Toast

SERVES 2

Toast, like pasta, is a food many people with anxiety and depression crave. To turn guilt-ridden carbs into brain-healthy toast, add a rainbow of phytonutrients and the many other benefits of the avocado, a wonderful source of monounsaturated fat. For a quick breakfast, add a poached egg or smoked salmon (or both!). Make a jar of toasted seeds to keep on hand and sprinkle them over the top or grab some everything bagel seasoning at the grocery store.

2 large slices sourdough bread	1/2 serrano chile, thinly sliced (or a pinch of red pepper flakes)
2 tablespoons olive-oil-based mayonnaise or softened unsalted butter	1 large radish, thinly sliced
1 teaspoon poppy seeds	2 tablespoons sprouts, microgreens, or finely chopped fresh herbs
1 teaspoon sesame seeds	1/2 large lemon
2 teaspoons pumpkin seeds (pepitas)	2 teaspoons sunflower seeds
1 Haas avocado, thinly sliced	Sea salt

Spread both sides of the bread with the mayonnaise. Sprinkle each side of the bread with the poppy, sesame, and pumpkin seeds, pressing them into the mayonnaise with your fingers or a spoon.

Warm a large skillet over medium heat. Place the seed-covered bread slices into the skillet and toast for 3 to 5 minutes, until golden brown. Flip and toast until golden brown on the second side.

Divide the avocado slices, chile slices, radish slices, and sprouts between the two slices of bread. Squeeze the lemon over both toasts. Garnish with the sunflower seeds and sprinkle with sea salt.

NUTRITIONAL STATS PER SERVING: 408 Calories, 9g Protein, 34g Carbohydrates, 28g Fat (3.5g Saturated), 6mg Cholesterol, 3g Sugars, 8g Fiber, 416mg Sodium

TOP NUTRIENTS: Thiamine = 41%, Folate = 39%, Vitamin B6 = 24%, Zinc = 24%, Selenium = 23%

Crispy Pan-Seared Sweet Potatoes

SERVES 6

Carb craving is often a part of depression, and finding ways to satisfy these cravings while giving your brain the nutrients it needs is part of the trick to eating to beat depression and anxiety. Rainbow plants tend to have healthier “slow carbs” along with their signature phytonutrients that fight inflammation. Crispy potatoes and seeds, creaminess from the tahini and feta, and a blast of herbaceousness combine to make this buffet of rainbows delicious. Purple sweet potatoes are one of my favorites and make this a striking dish—give them a try next time you see them at the market!

3 pounds sweet potatoes (4 medium, ideally no more than 2 to 2½ inches wide)

½ cup olive oil, divided, plus more as needed

Kosher salt

½ cup tahini

2 tablespoons fresh lemon juice

2 tablespoons warm water, plus more as needed

1 garlic clove, grated

¼ cup chopped soft herbs, such as cilantro, parsley, and basil

3 tablespoons seeds, such as sesame, pepita (pumpkin seeds), and sunflower

⅛ teaspoon red pepper flakes

Optional: 3 to 4 ounces feta cheese, crumbled

Preheat the oven to 425°F.

Place the sweet potatoes on a rimmed baking sheet and poke all over with a fork. Rub with ¼ cup of the olive oil. Sprinkle the skins with salt.

Roast for 45 minutes to 1 hour, until a paring knife slips in and out of a sweet potato easily. Be sure to check every sweet potato if they're different sizes.

Meanwhile, in a medium bowl, whisk the tahini, lemon juice, warm water, ½ teaspoon salt, and garlic until smooth. It will be very thick at first, but keep stirring! Add 1 tablespoon more warm water at a time as needed until you achieve a drizzle-able consistency.

Allow the sweet potatoes to cool for at least 20 minutes. Cut each sweet potato in half vertically, then use a fork to smash it, making craggy grooves in the flesh. It's okay if the skin rips a bit.

Warm the remaining ¼ cup of oil in a 12-inch (preferably cast-iron) skillet over medium heat. Working in batches so as not to overcrowd, add the sweet potatoes,

flesh-side down, to the skillet. Resist the urge to smash them into the skillet—you want all of those craggy surfaces created with the fork to crisp up.

Cook for 3 to 4 minutes, until crispy and golden brown. Gently flip by sliding a spatula all the way under each potato and cook for 1 to 2 minutes on the skin side.

Transfer to a serving platter and repeat until all the sweet potatoes have been pan-fried. You will need to add more oil to the skillet between each round.

Drizzle the tahini sauce over the sweet potatoes, then top with herbs, seeds, and red pepper flakes. Finish with the cheese.

NUTRITIONAL STATS PER SERVING: 550 Calories, 12g Protein, 53g Carbohydrates, 34.5g Fat (7g Saturated), 15mg Cholesterol, 16g Sugars, 9g Fiber, 241mg Sodium

TOP NUTRIENTS: Vitamin A = 315%, Vitamin C = 64%, Vitamin B6 = 58%, Thiamine = 54%, Potassium = 26%

Roasted Shiitake and Spinach Grain Salad

SERVES 4

Grain salads and other healthy “slow carb” meals are a great vehicle for eating a lot of plants. Adding more fresh herbs to your meals is an easy way to improve nutrient density and make your cooking shine. Shiitake mushrooms add in more fiber and phytonutrients. This recipe uses the pasta-cooking method to cook the grains. Instead of perfect proportions of water to grains, just bring a huge pot of water to a boil as you would with pasta, then strain when done. By using this method you can cook any grains together—just time correctly!

This dish is great for making ahead, as it keeps for up to 5 days in the refrigerator.

1 pound shiitake mushrooms, stems removed and sliced ¼-inch thick
2 garlic cloves, minced
5 tablespoons extra-virgin olive oil, divided
Kosher salt and freshly ground black pepper
1 cup semi-pearled farro, rinsed
½ cup quinoa, rinsed

Juice of 1 large lemon (about 3 tablespoons)
1 tablespoon balsamic vinegar
2 cups fresh spinach leaves, roughly chopped
1 cup roughly chopped fresh basil leaves
3 ounces toasted pepitas (pumpkin seeds)

Optional: shaved Parmesan cheese

Preheat the oven to 325°F and line a rimmed baking sheet with parchment paper.

Toss the mushrooms and garlic with 2 tablespoons of olive oil, $\frac{1}{2}$ teaspoon salt, and about $\frac{1}{8}$ teaspoon pepper on the baking sheet. Spread the mushrooms into an even layer and roast until they are tender, about 30 minutes, stirring after 20 minutes.

Meanwhile, cook the farro and quinoa. Bring a large pot of salted water to a boil over high heat. Add the farro and cook for 5 minutes. Add the quinoa and cook for an additional 10 to 12 minutes, until the farro and quinoa are tender.

Drain and shake off as much water as possible. To cool the mixture quickly, spread evenly onto a baking sheet and place in the refrigerator. Otherwise, just leave it in the colander to cool.

Meanwhile, whisk 3 tablespoons olive oil, lemon juice, and vinegar together. Season with a small pinch of salt and pepper.

Toss the mushrooms, grains, lemon vinaigrette, spinach, and basil together in a large bowl. Season with salt and pepper.

Toss half of the pepitas into the salad and garnish with the remaining half and some cheese, if using.

NUTRITIONAL STATS PER SERVING: 490 Calories, 17g Protein, 48g Carbohydrates, 29g Fat (4.3g Saturated), 0mg Cholesterol, 4g Sugars, 8g Fiber, 100mg Sodium

TOP NUTRIENTS: Vitamin B6 = 33%, Zinc = 25%, Iron = 23%, Magnesium = 18%, Folate 16%

Brainbow Kimchi Fried Rice with Peanut Sauce

SERVES 4

Upgrade your plate with rainbows. That's a basic lesson in Nutritional Psychiatry, and this dish transforms fried rice from guilty takeout to all-star brain food. This is a great dish for eaters who find vegetables boring. Along with an array of colorful vegetables and bok choy, you get kimchi, a traditional fermented cabbage that adds probiotic power. You can use a wide variety of vegetables and greens to make this dish your own: sub in carrots, celery, fennel, asparagus,

or any other dense vegetable for the bell pepper and bok choy, and spinach and chard in place of the bok choy. This recipe works with a variety of whole grains like barley and farro instead of rice. Anyone need a spicy peanut sauce to drizzle on top?

1/3 cup low-sodium soy sauce	8 ounces bok choy, leaves roughly chopped, stems finely chopped
1/4 cup rice wine vinegar	1 medium yellow onion, finely chopped
2 tablespoons sriracha	3 garlic cloves, minced
2 tablespoons unsweetened, creamy peanut butter	1 (1-inch) piece fresh ginger, grated or minced
3 tablespoons water, divided	3 cups cooked brown rice or other grain (preferably day-old)
2 teaspoons honey	2 large eggs
2 tablespoons olive oil	1/2 cup kimchi, chopped
1 large red bell pepper, finely chopped (about 1 1/4 cups)	Optional for garnish:
1 large carrot, finely chopped (about 1 cup)	sriracha, sesame seeds, cilantro, chives, lime wedges

Whisk together the soy sauce, vinegar, sriracha, peanut butter, 2 tablespoons of water, and honey in a small bowl. Set aside.

Warm the olive oil in a 12-inch skillet over medium-high heat. Add the bell pepper, carrot, bok choy *stems only*, onion, and 1 tablespoon water and cook, stirring frequently with a wooden spoon, for 4 to 5 minutes, until almost tender. Stir in the garlic and ginger and cook for another 30 seconds.

Add the rice, bok choy greens, and peanut sauce and stir until everything is coated in the sauce and the greens are wilted.

Push the rice to the side to create a clearing in the skillet. Crack the eggs into the skillet and use the wooden spoon to scramble them rapidly. When the eggs are cooked, stir them into the rice.

Add the kimchi last to best preserve the live probiotic bacteria. Serve immediately.

NUTRITIONAL STATS PER SERVING: 421 Calories, 13g Protein, 60g Carbohydrates, 15.5g Fat (3g Saturated), 108mg Cholesterol, 12g Sugars, 7g Fiber, 1145mg Sodium

TOP NUTRIENTS: Vitamin C = 107%, Vitamin B6 = 56%, Vitamin A = 73%, Vitamin B1 = 37%, Magnesium = 37%

Turkey Zucchini Skillet Lasagna

SERVES 8

Lasagna is another one of our favorite comfort foods. In this case, we are bumping up the nutrient density by swapping out the noodles for zucchini. Salting the zucchini prevents the lasagna from being a bit watery. But you could skip this step and serve with a slotted spoon.

2 pounds zucchini	Freshly ground black pepper
Kosher salt	2 cups fresh spinach, packed
1 tablespoon olive oil	16 ounces cottage cheese, drained
1 small yellow onion, diced (about 1 cup)	4 ounces mozzarella cheese, shredded (about 1 cup), divided
1 pound ground dark turkey meat	4 ounces Parmesan cheese, grated (about 1 cup), divided
4 garlic cloves, minced	1 egg
2 (28-ounce) cans diced tomatoes	$\frac{1}{3}$ cup finely chopped fresh basil
1 teaspoon dried oregano	leaves, plus more for garnish
1 teaspoon dried thyme	

Cut the zucchini in half horizontally, then cut vertically into skinny strips. Spread the zucchini noodles out on several clean dish towels or paper towels and sprinkle both sides with salt. Let them sit until it's time to use the noodles, then pat totally dry.

Preheat the oven to 375°F.

Warm the olive oil in a 12-inch ovenproof skillet over medium-high heat. Add the onion and cook for 3 to 4 minutes, until slightly translucent. Add the ground turkey and garlic and cook, using a spoon to break the meat up into small pieces, until it is no longer pink, 4 to 5 minutes.

Stir in the diced tomatoes, oregano, and thyme. Season with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Lower the heat to medium and simmer for 10 to 15 minutes, stirring frequently, until the sauce has thickened significantly and no watery liquid remains on top. Stir in the spinach in batches.

Meanwhile, in a large bowl, combine the cottage cheese, 2 ounces ($\frac{1}{2}$ cup) of the mozzarella cheese, 2 ounces ($\frac{1}{2}$ cup) of the Parmesan cheese, the egg, basil, and $\frac{1}{8}$ teaspoon pepper.

To assemble the lasagna, scoop all but a very thin layer of sauce out of the skillet and into a bowl. Layer the zucchini noodles over the top, overlapping as needed to cover the bottom of the skillet completely.

Top with one-third of the cottage cheese mixture and one-quarter of the remaining tomato mixture. Layer the zucchini noodles over the top, overlapping as necessary, and follow the same pattern two more times.

Cover the top layer of zucchini noodles completely with the remaining tomato sauce.

Bake uncovered for 40 minutes, then switch to broil. Sprinkle the remaining 2 ounces ($\frac{1}{2}$ cup) mozzarella cheese and 2 ounces ($\frac{1}{2}$ cup) Parmesan cheese over the top, place the skillet under the broiler, and broil for an additional 3 to 4 minutes to lightly brown the cheese.

Garnish with basil and pepper.

NUTRITIONAL STATS PER SERVING: 379 Calories, 28g Protein, 21g Carbohydrates, 20g Fat (8g Saturated), 96mg Cholesterol, 10g Sugars, 5g Fiber, 781mg Sodium

TOP NUTRIENTS: Vitamin C = 67%, Vitamin B6 = 23%, Potassium = 21%, Selenium 20%, Vitamin B12 = 18%

REVIEW

Consider the following questions before you move on to Week 3:

1. Did you meet your goal for the week of adding $\frac{1}{2}$ cup rainbows to each meal?
2. Celebrate your successes! What approaches worked in helping you achieve that goal? What strategies could help you as you move into next week?
3. Did you try any recipes? What skill could you work on to make cooking rainbow-based dishes easier for you?
4. How can you best continue to add rainbow fruits and vegetables to your meals as you continue with the plan?

WEEK 3: SEAFOOD

There's no doubt that seafood is a challenging category for many people. It certainly was for me! However, it's one of the only ways to get those amazing omega-3 fatty acids like eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), so this is a food category you should find a way to embrace. Those vital long-chain polyunsaturated fats (PUFAs) are amazing brain boosters and help stimulate the production of important nerve growth factors like brain-derived neurotrophic factor (BDNF), while also dampening inflammation across the body and brain. Seafood is also chock-full of other brain-healthy nutrients like iron, vitamin B12, zinc, and selenium. If you want to talk about eating for nutrient density, you really need look no further than a fresh piece of fish or bowl of mussels.

As someone who hadn't ventured beyond frozen fish sticks as a kid, I understand why adding **2 to 5 servings of seafood per week** can be a bit daunting. But once you find a way to include these delicious *fruits de mer* into your meal planning each week, you'll soon wonder why you worried. There's a lot of flavor and comfort to be found in a bowl of mussels diablo over pasta or a simple potato pancake with some smoked salmon and a little crème fraîche.

How to Start

As you look over your food assessment, where do you fall on the seafood spectrum? Are you someone who's already comfortable eating seafood? What about cooking it? Maybe you start by ordering the seafood special at your favorite restaurant or adding some fresh shrimp to your favorite brainbow salad. The simplest way to begin is to simply swap out chicken or beef for some type of seafood a couple of times each week.

Tips and Tricks

Your best bet with seafood is to buy fresh and cook it the same or next day. Frozen fish is also a great option, and more economical than fresh-caught, but it may taste or smell a bit fishier than fresher cuts. Thaw frozen fish overnight in the fridge. If you have a local fishmonger nearby, ask for recommendations about wild-caught, fresh fish options that are to your taste.

Remember, there are all types of ways to enjoy seafood. You don't have to cook up a big slab of white fish the way your grandma used to. You can try a nice fish taco or some noodles in dashi, a flavorful fish stock used in traditional Japanese cooking. Once you start experimenting, I think you'll see that adding this phenomenal brain food to your weekly menu planning is much easier than you thought.

Challenge

Many people remain concerned about mercury and microplastics—and for good reason. But these contaminants are much less of a risk when you opt for smaller fishes like sardines and anchovies. Mussels, clams, and oysters are great options to enjoy seafood without worry. There are hundreds of delicious ways to prepare seafood—from traditional ceviches to simple grilled fish steaks. Spend some time figuring out which methods work best for you.

Potato Pancakes with Smoked Salmon and Crème Fraîche

SERVES 4

Lox and other smoked, salted fish are traditional dishes that today are usually paired with bagels. Smoked salmon is an easy way to get more long-chain omega-3 fats into your meal plan. Look for lox made with wild salmon and without dyes. Oft maligned, potatoes are a good source of potassium and folate and create a nice base to balance the fish. These are wonderful for breakfast or as an appetizer.

2 tablespoons ground flax meal	2 teaspoons fresh thyme leaves
5 tablespoons water	½ teaspoon kosher salt
1½ pounds Yukon Gold potatoes	¼ teaspoon freshly ground black pepper
2 tablespoons all-purpose flour	8 teaspoons olive oil, divided
2 tablespoons minced fresh chives, plus more for garnish	8 ounces smoked salmon (about 8 slices)
	4 tablespoons crème fraîche

In a large bowl, mix together the flax meal and water. Allow to sit for at least 5 minutes to thicken up.

Grate the potatoes on the largest holes of a box grater into the center of a thin dish towel. Squeeze the towel as tight as you can over the sink to get out as much water as possible.

Add the potatoes, flour, chives, thyme, salt, and pepper to the bowl of flax and stir to combine.

Warm 2 teaspoons olive oil in a 10-inch skillet over medium heat. Working in batches, using one-quarter of the batter, make 4 potato pancakes by placing 4 equal dollops in the skillet and pressing down until each is about 8 inches wide. Cook for 5 to 6 minutes per side, until golden brown. Repeat, using more oil for each batch, until all the pancakes are cooked.

Divide the pancakes among 4 plates and top each with 2 ounces smoked salmon and 1 tablespoon crème fraîche. Garnish with chives.

NUTRITIONAL STATS PER SERVING: 328 Calories, 10g Protein, 35g Carbohydrates, 17g Fat (5g Saturated), 27mg Cholesterol, 2g Sugars, 5g Fiber, 407mg Sodium

TOP NUTRIENTS: Vitamin B6 = 77%, Vitamin C = 53%, Vitamin B12 = 42%, Potassium and Omega-3s (DHA+EPA) = 30%

Wild Salmon Burgers

Power-player salmon makes a serious burger, as it's a top source of long-chain omega-3 fats, B12, and protein for our mind and moods. Using canned wild salmon also takes away the pressure of buying the perfect fish or concerns about freshness, and it's a great value. A nice alternative to a typical beef burger, using salmon in this form is a perfect swap for eating to beat depression and anxiety. Adding phyto-nutrients to the burgers themselves with the dill, cilantro, green onion, ginger, and garlic boosts their brain-nutrient density even more. These burgers last a couple of days in the fridge once cooked, making them great for meal planning.

Dilly Wild Salmon Burgers

MAKES 4 BURGERS

2 large eggs	Kosher salt and freshly ground black pepper
3 (5-ounce) cans wild salmon, drained	$\frac{1}{4}$ teaspoon garlic powder
$\frac{1}{2}$ cup finely ground almond meal	$\frac{1}{3}$ cup plain whole-fat Greek yogurt
1 organic lemon, zested and juiced	2 tablespoons extra-virgin olive oil, divided
$\frac{1}{4}$ cup plus 2 tablespoons finely chopped fresh dill	For serving: 4 burger buns, sliced tomato, lettuce leaves, thinly sliced red onion
2 tablespoons finely chopped fresh chives	

Whisk the eggs in a large bowl. Add the salmon and use a fork to smash it until no large chunks remain.

Add the almond meal, lemon zest, $\frac{1}{4}$ cup of the dill, the chives, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, and the garlic powder and mix to combine. Form four $\frac{1}{2}$ -inch-thick patties. Refrigerate if not cooking right away.

In a separate bowl, combine the yogurt, lemon juice, remaining 2 tablespoons dill, 1 tablespoon of the olive oil, $\frac{1}{4}$ teaspoon salt, and a pinch of pepper.

Warm the remaining 1 tablespoon of oil in a 12-inch skillet over medium-high heat. Cook the patties until golden brown all over, about 4 minutes per side.

Spread the dill sauce on the bottom of the burger buns, top with a salmon burger,

more dill sauce, tomato, lettuce, and onion. Place the top bun on top and serve.

NUTRITIONAL STATS PER SERVING: 354 Calories, 30g Protein, 5g Carbohydrates, 24g Fat (4.5g Saturated), 180mg Cholesterol, 1g Sugar, 2g Fiber, 446mg Sodium

TOP NUTRIENTS: Selenium = 367%, Omega-3s (DHA+EPA) = 340% (1707mg), Vitamin B12 = 122%, Vitamin B6 = 112%, Vitamin A = 59%

Honey Soy Wild Salmon Burgers

MAKES 4 BURGERS

Yum! That's the general review of this burger. This fish burger is also dynamite covered with a cabbage slaw and wasabi mayo or sitting on top of a vegetable and brown rice bowl.

2 large eggs	3 garlic cloves, grated
3 (5-ounce) cans wild salmon, drained	Juice of 1 large lime (about 3 tablespoons)
½ cup panko breadcrumbs	2 tablespoons low-sodium soy sauce
2 tablespoons finely chopped fresh cilantro	1 tablespoon extra-virgin olive oil
2 green onions, minced	For serving: 4 burger buns,
1 (1-inch) piece fresh ginger,	mayonnaise, 1 large thinly sliced
peeled and grated	avocado, lettuce leaves

Whisk the eggs in a large bowl. Add the salmon and use a fork to crush it up until no large chunks remain.

Add the panko, cilantro, green onions, ginger, garlic, lime juice, and soy sauce and mix to combine. Form four ½-inch-thick patties. Refrigerate if not cooking right away.

Warm the olive oil in a 12-inch skillet over medium-high heat. Cook the patties until golden brown all over, about 4 minutes per side.

Spread mayonnaise all over the cut sides of the burger buns. Add a salmon patty to each bun, then top with avocado and lettuce. Place the top bun on top and serve.

NUTRITIONAL STATS PER SERVING: 235 Calories, 28g Protein, 10g Carbohydrates, 8g Fat (1.5g Saturated), 174mg Cholesterol, 1g Sugar, 1g Fiber, 298mg Sodium

TOP NUTRIENTS: Selenium = 367%, Omega-3s (DHA+EPA) = 340% (1707mg), Vitamin B12 = 122%, Vitamin B6 = 112%, Vitamin A = 59%

Mango-Ginger Shrimp Ceviche

SERVES 4

Worried about cooking seafood just right? This dish is your prescription. Ceviche is a traditional South American dish that uses the acid from lime juice to “cook” the fish, and versions exist on coasts around the world. If cooking a fillet of fish is intimidating or if you have tried ceviche but never made it at home, add this recipe to your lineup this week. The cooking instructions are for raw shrimp, but we make this in a jiffy using precooked wild shrimp, too. The kids love it and we can put a seafood meal on the table in minutes.

$\frac{3}{4}$ cup fresh lime juice	$\frac{1}{2}$ small red onion, finely minced
$\frac{1}{4}$ cup grapefruit juice	$\frac{1}{2}$ cup finely chopped fresh cilantro
1 pound peeled, deveined raw wild shrimp	Kosher salt
1 (1-inch) piece ginger, peeled and grated	1 large avocado, diced
1 large mango, diced	1 tablespoon extra-virgin olive oil
1 small red bell pepper, diced	For serving: butter lettuce
$\frac{1}{2}$ jalapeño, sliced into very thin rounds	leaves, tortilla chips

Combine the lime juice and grapefruit juice and then divide it between two large bowls.

Chop the shrimp into $\frac{1}{4}$ -inch pieces, add to one of the bowls, toss to coat, and place in the refrigerator for 20 minutes, but no longer. It will get tough if you “cook” it for too long.

To the other bowl, add the ginger, mango, bell pepper, jalapeño, red onion, cilantro, and $\frac{1}{2}$ teaspoon salt and toss to combine.

Once the shrimp has been marinating for 20 minutes, pour the shrimp and juice into the other prepared bowl. Toss to combine. Taste and season with salt.

Top the ceviche with the diced avocado and olive oil. Season the avocado with a pinch of salt. Serve with butter lettuce leaves and/or tortilla chips.

NUTRITIONAL INFO PER SERVING: 244 Calories, 17g Protein, 24g Carbohydrates, 10.5g Fat (1.5g Saturated), 143mg Cholesterol, 14g Sugars, 5g Fiber, 348mg Sodium

TOP NUTRIENTS: Vitamin C = 108%, Vitamin B12 = 63%, Selenium = 62%, Vitamin B6 = 38%, Omega-3s (DHA+EPA) = 34%

Fish Tacos with Avocado Crema

SERVES 4

Seafood, rainbows, and leafy greens are often eaten with a side of beans. Fish tacos are the complete package and a game changer for your seafood consumption. After all, it's your taco, so toppings are totally up to you. This recipe upgrades the standard cabbage and fried fish combo with a lovely avocado crema and pairs it with arugula, corn, cilantro, and tomato for a summery rainbow taco dream. Other quick toppings: sliced peppers, pico de gallo, pickled jalapeño, and radish.

Fish Tacos

1 cup club soda	1½ pounds skinned cod, cut into 3-inch pieces
½ cup cassava flour	8 corn tortillas
2 tablespoons tapioca flour or cornstarch	1½ cups baby arugula
1½ teaspoons kosher salt	2 ears of cooked corn, kernels removed
1 teaspoon smoked paprika	1 large Roma tomato, diced
1 teaspoon onion powder	½ small white onion, diced
½ teaspoon garlic powder	½ cup chopped fresh cilantro
¼ cup neutral cooking oil, such as avocado, grapeseed, or refined coconut	

Avocado Crema

1 large Haas avocado	¼ teaspoon kosher salt
⅓ cup plain Greek yogurt or sour cream	⅛ teaspoon garlic powder
Juice of 1 large lime (about 2 tablespoons)	

To make the fish tacos:

In a large bowl, whisk the club soda, cassava flour, tapioca flour, salt, paprika, onion powder, and garlic powder until smooth. It will be a very loose, thin batter, just thicker than heavy cream.

Warm the neutral oil in a large skillet over medium-high heat. When you flick a drop of water into it and it sizzles immediately, it's ready. Add about one-third of the fish to the batter and stir gently with a fork to coat.

Pick up each piece with a fork, allowing excess batter to drip off, and add to the skillet. Don't overcrowd the skillet. Cook for 2 to 3 minutes per side, until golden brown. Transfer to a paper towel-lined plate, sprinkle with salt, and continue cooking the rest of the fish.

To make the avocado crema:

Combine the avocado, yogurt, lime juice, salt, and garlic powder in a bowl and mash and whisk until smooth. It's okay if it's a little lumpy.

To serve:

To warm the tortillas, either char them by placing them directly over the open flame of a gas stove over medium-low heat for about 20 seconds per side or wrap the entire stack in damp paper towels and microwave for 25 seconds.

Place the arugula in the center of each tortilla, then top with fried fish, avocado crema, corn, tomato, onion, and cilantro. Enjoy immediately.

NUTRITIONAL STATS PER SERVING: 575 Calories, 36g Protein, 53g Carbohydrates, 25.5g Fat (5g Saturated), 83mg Cholesterol, 5g Sugars, 8g Fiber, 974mg Sodium

TOP NUTRIENTS: Selenium = 105%, Vitamin B6 = 77%, Omega-3s (DHA+EPA) = 66%, Vitamin B12 = 63%, Potassium = 46%

Soba Dashi with Poached Egg

SERVES 4

Dashi is a traditional Japanese healing broth made of kombu seaweed and smoked, fermented, dried fish flakes called bonito. This simple broth can be adorned with an array of plants, fermented foods, and seafood, making it a great dish for your kitchen. We top with power-player eggs for a dose of choline and perfect protein. Top with fresh, raw, crunchy veggies or stir in a big handful of spinach, sliced bok choy, or zucchini noodles to cook at the last minute. It is very easy to poach the eggs right in the broth, but if you'd rather soft- or hard-boil your eggs, go that route.

8 cups water

2 (4-inch) squares kombu seaweed

3 tablespoons bonito flakes

3 tablespoons low-sodium soy sauce

2 tablespoons sesame oil

2 tablespoons rice wine vinegar

2 teaspoons sriracha or other hot sauce

8 ounces dried soba noodles

4 large eggs

1 cup shredded carrots

1/2 cup thinly sliced scallions

1/2 cup thinly sliced radishes

2 teaspoons sesame seeds

Combine the water, kombu, and bonito flakes in a large saucepan and bring to a boil over high heat. Remove from the heat and allow the kombu and bonito to steep for 20 to 30 minutes.

Strain the broth using a fine-mesh strainer placed over a large bowl. Rinse out the saucepan if needed, then return the broth to the pan.

Bring the broth to a boil over high heat, then stir in the soy sauce, sesame oil, vinegar, and sriracha and reduce the heat to medium-low.

Stir in the noodles and cook for 1 minute. Push the noodles to one side of the saucepan. Crack the eggs, one at a time, into a small bowl, then gently slip them into the water. Cover the pot and cook for 4 to 5 minutes, until the egg whites are set but the yellows are still runny.

Divide the eggs, noodles, and broth among 4 bowls. Top with the carrots, scallions, radishes, and sesame seeds.

NUTRITIONAL STATS PER SERVING: 371 Calories, 15g Protein, 52g Carbohydrates, 12g Fat (2g Saturated), 175mg Cholesterol, 6g Sugars, 2g Fiber, 423mg Sodium

TOP NUTRIENTS: Vitamin B12 = 63%, Thiamine = 45%, Vitamin A = 40%, Choline = 28%, Folate = 22%

Simple Steamed Clams with Fresh Herbs and Lemon

SERVES 4

Clams are a superfood and nature's most concentrated source of vitamin B12. An original human brain food, for years people have reported a kind of buzz after eating bivalves. Maybe it's the minerals, maybe it's the B vitamins, but it seems the brain recognizes clams. It's doctor recommended to serve with a good baguette for dipping in the sauce. For a crowd, create a mini clambake by adding 2 ears of corn that have been cut into 6 pieces and a pound of 1-inch sliced andouille sausage to the pot when you add the clams.

2 tablespoons extra virgin olive oil	(about 3 tablespoons)
1 large shallot, minced	2 tablespoons minced fresh basil
4 garlic cloves, thinly sliced	2 tablespoons minced fresh parsley
5 pounds clams, preferably littleneck	2 tablespoons minced fresh chives
2 tablespoons unsalted butter	1/4 teaspoon red pepper flakes
Zest and juice of 1 large lemon	Kosher salt

Warm the olive oil in a large Dutch oven or other wide pot over medium heat. Add the shallot and garlic and cook for 3 to 4 minutes, until softened.

Add the clams and cover the pot. Cook for 6 to 10 minutes, until most of the clams are open. Use a slotted spoon to transfer the open clams to a serving bowl. Discard any clams that are still closed.

With the heat still on medium, add the butter, lemon zest, lemon juice, basil, parsley, chives, and red pepper flakes to the skillet (which is now full of clam juice) and stir to combine for about 1 minute. Taste and season with salt.

Pour the sauce over the clams and serve immediately.

NUTRITIONAL STATS PER SERVING: 335 Calories, 37g Protein, 11g Carbohydrates, 15g Fat (4.5g Saturated), 90mg Cholesterol, 1g Sugar, 568mg Sodium

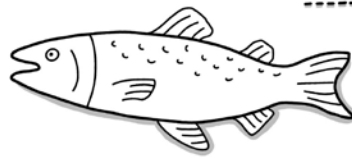
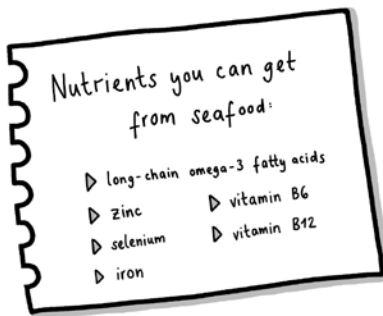
TOP NUTRIENTS: Vitamin B12 = 1750%, Vitamin A = 72%, Iron = 66%, Omega-3s (DHA+EPA) = 40% (200mg), Selenium = 38%

REVIEW

Consider the following questions before you move on to Week 4:

1. Did you meet your goal for the week of 2 to 3 seafood meals?
2. Celebrate your successes! What approaches worked in helping you achieve that goal? What strategies could help you as you move into next week?
3. Did you try any recipes? What skill could you work on to make cooking seafood dishes easier for you?
4. How can you best continue to add seafood to your meals as you move forward?

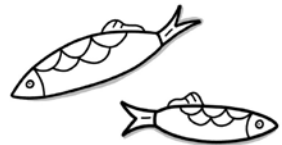
SEAFOOD



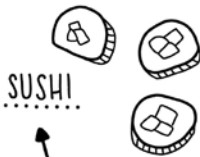
SALMON



MUSSELS



TUNA



SUSHI



TACOS



SARDINES



CEVICHE

SMOKED FISH

OYSTERS



WEEK 4: NUTS, BEANS, AND SEEDS

This brain food category is generally underrepresented in the average person's diet. And that's too bad, as these foods are not only a great way to add some extra fiber to your diet but they also provide much-needed phytonutrients and plant-based proteins. The other great thing about this category? It's an easy add. Replace your go-to sugary or salty midafternoon snack with a handful of raw almonds to not only sate your hunger but also help boost your brain function. Throw a handful of beans or pepitas (pumpkin seeds) in your favorite salad or in a bowl of soup. Try a serving of walnuts or cashews in your smoothies for a little additional unexpected creaminess—as well as an extra shot of plant-based protein. There's really no end to how you can use this food category to increase nutrient density in your meals.

When you start to think about all the ways that nuts, seeds, and legumes are used in dishes, you'll probably realize you already have a few favorites to choose from. Who doesn't love a hot, nourishing cup of lentil soup on a winter's day? Or a delicious hummus dip paired with fresh veggies or whole-grain crackers? Like greens, nuts, beans, and seeds can easily add that little something extra to your favorite meals. Try to find ways to add **at least a small handful** of these foods to your meals or as a stand-alone snack each day.

How to Start

When referring back to your food assessment, you may notice that you are not eating much in the way of nuts, beans, and seeds. If so, you're not alone. But, as stated, these foods are very easy to swap in for popular snacks or to add to your favorite dishes. They're also helpful for sating your sweet tooth. Trying the Buckwheat Cacao Pancakes or Chocolate Brain Truffles are great ways to consume foods from this category with just the right touch of sweetness.

Tips and Tricks

Chances are, you already have a favorite soup or chili recipe that calls for beans. Instead of sticking with one type, try adding in different varieties; you can create a rainbow just in beans alone without much effort.

Nuts make a great snack. Having raw varieties on hand for that midafternoon pick-me-up or to help you coast between meals is easy. They're also great additions to salads, soups, and other dishes. Before you know it, you'll be tossing them into your favorites with abandon.

Challenge

Many people are concerned about the high fat and calorie content of nuts. Remember, a little goes a long way—and buying raw cashews, almonds, or walnuts is generally the best way to go to help keep your energy levels up throughout the day without too much fat or sodium.

Buckwheat Cacao Pancakes with Raspberry Compote

MAKES 12 PANCAKES

Pancakes are a comfort food, and this version is energizing and mood boosting. With ample fiber and magnesium, these pancakes are great for the microbiome and mental health. Using cacao nibs brings all the benefits of chocolate and none of the sugar. Instead, we've added banana for sweetness and potassium. Buckwheat flour is gluten-free and has ten times more magnesium than white flour. To make a vegan version, use your preferred milk substitute and a flax egg in place of the egg by whisking 1 tablespoon ground flax with 2½ tablespoons water and letting it sit for five minutes.

Compote

- | | |
|-------------------------------------|---------------------------------|
| ½ pound fresh or frozen raspberries | ¼ teaspoon pure vanilla extract |
| 1 tablespoon lemon juice | 2 teaspoons chia seeds |
| 1 tablespoon maple syrup | |

Pancakes

- | | |
|---|-----------------------------------|
| 1 ripe banana | 1 large egg, whisked |
| 1 cup whole milk | 1 teaspoon pure vanilla extract |
| 1 tablespoon fresh lemon juice | 1 cup buckwheat flour |
| 1 tablespoon maple syrup,
plus more for serving | 1 teaspoon baking powder |
| 1 tablespoon avocado or coconut
oil, plus more for cooking | ½ teaspoon kosher salt |
| | ½ cup cacao nibs |
| | Optional: grass-fed butter |

First, get the compote started. Add the raspberries, lemon juice, maple syrup, and vanilla extract to a small saucepan and bring the mixture to a boil over medium-high heat. Stir often. Reduce to medium-low heat. Keep stirring and use a fork or whisk to mash the fruit. When it has reduced by about half and is quite thick, stir in the chia seeds and set aside to cool slightly.

In a medium bowl, use a fork to mash the banana thoroughly. Stir in the milk and lemon juice and allow to sit for at least 10 minutes to create your own buttermilk. (Alternatively, you can just use 1 cup of buttermilk and skip the lemon juice.)

Stir the maple syrup, avocado oil, egg, and vanilla into the milk mixture.

In a separate larger bowl, whisk together buckwheat flour, baking powder, and salt.

Stir the wet ingredients into the dry ingredients until just combined. Don't over-mix or the pancakes will be tough! Let the batter rest for at least 5 minutes.

Warm a large skillet over medium heat. Add 1 tablespoon avocado oil and swirl to coat the skillet. Use a 1/4-cup scoop or measuring cup to add pancake batter to the skillet. Sprinkle each pancake with cacao nibs.

Flip when bubbles form on the pancakes and then pop, 3 to 4 minutes. Cook until the second side is golden brown, 1 to 2 minutes. Repeat until all the pancake batter is cooked.

Top with raspberry compote. Serve with maple syrup and butter if desired.

NUTRITIONAL STATS PER SERVING (3 PANCAKES): 350 Calories, 8g Protein, 41g Carbohydrates, 16.5g Fat (8g Saturated), 51mg Cholesterol, 10g Sugars, 11g Fiber, 286mg Sodium

TOP NUTRIENTS: Magnesium = 34%, Vitamin B12 = 21%, Choline = 8%, Vitamin A = 8%, Iron = 6%, Vitamin C = 6%

Coconut-Ginger Lentil Soup

SERVES 4

Lentils are a staple of eating to beat depression and anxiety, as they are an excellent source of folate, fiber, and plant-based protein. Combining top food categories, like the spinach in this recipe, always ensures high nutrient density. Ginger and turmeric are closely related plants with an array of unique anti-inflammatory phytonutrients including turmeric's curcumin. Lentil soup is on our menu weekly, often a vegetarian version using vegetable broth or even just water.

1 tablespoon coconut oil

1 large red bell pepper, diced

1 medium yellow onion, diced

1 cup dried red lentils

4 garlic cloves, grated

1 (2-inch) piece ginger, peeled and grated

1/2 teaspoon ground turmeric

1/2 teaspoon paprika

1/4 teaspoon red pepper flakes

3 cups chicken broth or bone broth

1 (14.5-ounce) can diced tomatoes
1 (13.5-ounce) can unsweetened
coconut milk
Kosher salt
3 cups fresh spinach, chopped
(3½ to 4 ounces)

⅓ cup finely chopped fresh basil
leaves, plus more for garnish
Juice of 1 large lemon (about
3 tablespoons)

Optional: plain yogurt, for topping

Warm the coconut oil in a large heavy-bottomed pot over medium-high heat. Add the bell pepper and onion and cook until softened, 3 to 4 minutes. Add the lentils, garlic, ginger, turmeric, paprika, and red pepper flakes and cook for an additional 1 minute.

Stir in the broth, tomatoes, coconut milk, and 1 teaspoon salt. Bring to a boil over high heat, then reduce the heat to medium-low and cook for 20 to 25 minutes, until the lentils are tender.

Stir in the spinach and basil and cook until wilted. Taste and season with additional salt if needed. Stir in the lemon juice just before serving. Top with basil leaves and yogurt, if using.

NUTRITIONAL STATS PER SERVING: 303 Calories, 15g Protein, 47g Carbohydrates, 7g Fat (4.5g Saturated), 4mg Cholesterol, 7g Sugars, 10g Fiber, 931mg Sodium

TOP NUTRIENTS: Vitamin C = 111%, Folate = 46%, Vitamin B6 = 36%, Zinc = 31%, Thiamine = 31%, Iron = 28%

Mushroom and Chicken Cassoulet

SERVES 6

Great for batch cooking, one-pot meals are a simple solution for more brain food. This combination of beans, chicken, and mushrooms is extra satisfying and filling thanks to fiber from the beans and mushrooms. Mushrooms, like beans, are an underconsumed brain food and contain high amounts of fiber, potassium, and unique phytonutrients, many of which are being researched regarding their impact on brain health. The pepita-pecorino breadcrumbs give this an incredible umami crunch plus a dash of zinc and magnesium. (If you love this crunch, try it on the All Kale Caesar.) Instead of the chicken, double the mushrooms and beans for a vegetarian cassoulet. For an even richer version, make the sauce with a half pound of Italian sausage.

1 tablespoon olive oil	4 thyme sprigs
1 pound boneless, skinless chicken thighs, cut into 1-inch cubes	1 bay leaf
Kosher salt and freshly ground black pepper	$\frac{1}{2}$ teaspoon dried oregano
1 shallot, diced	$\frac{1}{4}$ teaspoon red pepper flakes
8 ounces oyster mushrooms, roughly chopped	$\frac{1}{2}$ cup finely chopped fresh parsley leaves
2 large carrots, diced	4 tablespoons unsalted butter
6 garlic cloves, minced	1 cup panko breadcrumbs
1 (28-ounce) can diced tomatoes	$\frac{1}{2}$ cup pepitas (pumpkin seeds), finely chopped
1 (15-ounce) can great northern beans, drained and rinsed	$\frac{1}{2}$ cup grated pecorino Romano cheese

Warm the olive oil in a 12-inch ovenproof skillet (preferably cast-iron) over medium-high heat.

Season the chicken with 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Cook for 3 minutes per side to sear. Transfer to a holding plate. It's okay if it's not totally cooked through.

Add the shallot, mushrooms, and carrots and cook until the liquid has evaporated from the mushrooms, 7 to 9 minutes. Add the garlic and cook, stirring constantly, for another 30 seconds.

Stir in the tomatoes, beans, cooked chicken, thyme sprigs, bay leaf, oregano, red pepper flakes, and $\frac{1}{2}$ teaspoon salt. Reduce the heat to medium-low and simmer, stirring often, for 10 minutes, or until the excess liquid has evaporated. Stir in the parsley, then remove the skillet from the heat and use a spatula to smooth the top.

Meanwhile, melt the butter in a small skillet over medium heat. Add the panko, pepitas, and $\frac{1}{4}$ teaspoon salt and stir until combined. Stir in the cheese until it is melted and combined with the breadcrumbs.

Scatter the breadcrumbs over the cassoulet and transfer the skillet to the oven. Bake for 20 to 25 minutes, until the breadcrumbs are golden brown.

Allow to cool for several minutes, then pick out and discard the thyme sprigs and

bay leaf and serve.

NUTRITIONAL STATS PER SERVING: 619 Calories, 48g Protein, 53g Carbohydrates, 25g Fat (11.5g Saturated), 110mg Cholesterol, 7g Sugars, 11g Fiber, 746mg Sodium

TOP NUTRIENTS: Vitamin A = 65%, Vitamin C = 39%, Folate = 32%, Thiamine = 25%, Vitamin B6 = 25%, Potassium = 22%

Red Bean Hummus

SERVES 4

Beans are easy on the budget and great for brain health from their combination of B vitamins, protein, magnesium, and microbiome-fueling fiber. Learn to use dried beans, either soaking and cooking on the stovetop or pressure cooking for incredible value, or use canned organic beans. This version uses red kidney beans, but you can use any kind of bean you want—black beans, cannellini, or the classic chickpeas. Soaking the garlic in the lemon juice while prepping lessens its bite. For extra kick, add cayenne.

¼ cup fresh lemon juice	½ teaspoon kosher salt
1 garlic clove, peeled	¼ teaspoon ground cumin
2 cups cooked kidney beans	1 tablespoon extra-virgin olive oil
¼ cup tahini	1 tablespoon chopped pepitas
1 teaspoon lemon zest	(pumpkin seeds)

Combine the lemon juice and garlic in a food processor and allow to sit for 10 minutes.

Add the kidney beans, tahini, lemon zest, salt, and cumin to the food processor and process until smooth, about 20 seconds. If needed, add 1 tablespoon of water at a time until the desired consistency is achieved.

Transfer to a serving bowl and drizzle with the olive oil. Sprinkle with the pepitas and serve with crunchy vegetables like celery and carrots or your favorite whole-grain, seedy cracker.

NUTRITIONAL STATS PER SERVING: 227 Calories, 9g Protein, 19g Carbohydrates, 14g Fat (2g Saturated), 0mg Cholesterol, 2g Sugars, 8g Fiber, 254mg Sodium

TOP NUTRIENTS: Folate = 34%, Magnesium = 26%, Zinc = 25%, Iron = 21%, Potassium = 11%

Chocolate Brain Truffles

MAKES 24 TRUFFLES

Examining your relationship with dark chocolate is important in moving beyond treats and cheats as an eater. Dark chocolate is a power player for brain health, for its flavanols, fiber, and minerals. These truffles add the brain health benefits of nuts, seeds, and whole grains that makes for a winning combo. You can use any combination of nut butter or seeds you like—some of my favorites are almond butter and chopped pistachios or peanut butter and pecans. If you need more cacao in your brain, you can dip the truffles in melted chocolate or dust with cacao powder. For folks with nut allergies, swap in sunflower butter for the nut butter.

1/2 cup rolled oats	12 ounces (about 20) Medjool dates, pitted
1/2 cup unsweetened coconut flakes	3/4 cup cashew butter
2 tablespoons hemp seeds	1 teaspoon vanilla extract
2 tablespoons chia seeds	1/4 cup dark chocolate chunks
1/8 teaspoon kosher salt	1/2 cup cacao nibs

Combine the oats, coconut, hemp seeds, chia seeds, and salt in a food processor and process until finely ground. Add the dates, cashew butter, and vanilla and process until the mixture starts to clump up into a ball.

Add the chocolate chunks and cacao nibs and pulse 15 to 20 times to chop up the chocolate and incorporate it into the dough.

Roll the dough into tablespoon-sized balls.

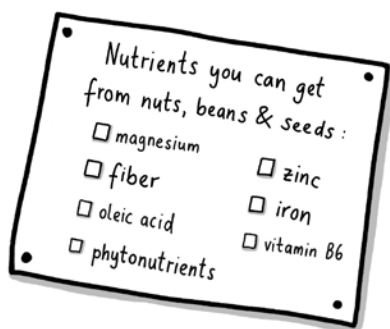
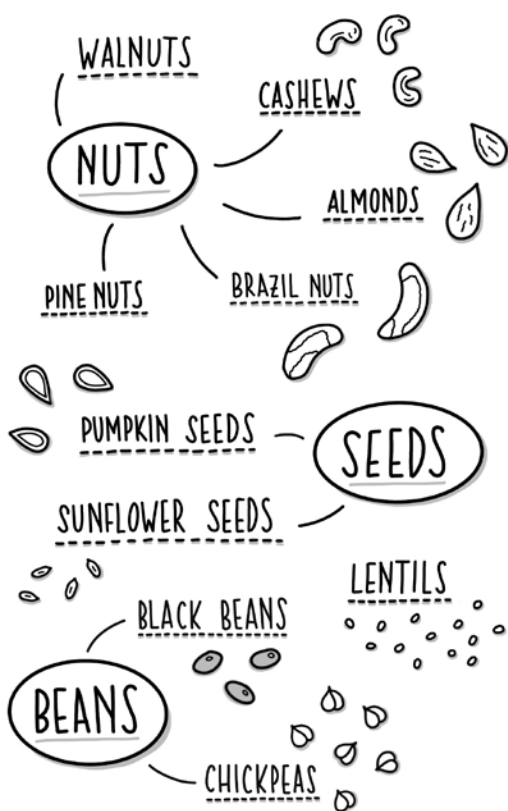
Place the dough balls on a parchment-lined baking sheet and freeze until hard, about 1 hour. Transfer to a storage container and keep in the refrigerator.

Let the truffles sit at room temperature for a couple of minutes before enjoying.

NUTRITIONAL STATS PER SERVING (2 TRUFFLES): 284 Calories, 4g Protein, 34g Carbohydrates, 16g Fat (6g Saturated), 0mg Cholesterol, 22g Sugars, 6g Fiber, 70mg Sodium

TOP NUTRIENTS: Magnesium = 37%, Zinc = 19%, Iron = 16%, Potassium = 9%, Selenium = 6%

NUTS, BEANS & SEEDS



Add nuts & seeds to your smoothies & salads



Nuts are a great snack on the go



Add beans to soups & stews



REVIEW

Consider the following questions before you move on to Week 5:

1. Did you meet your goal for the week of adding 1 serving of nuts, beans, or seeds to a meal each day?
2. Celebrate your successes! What approaches worked in helping you achieve that goal? What strategies could help you move forward into next week?
3. Did you try any recipes? What skills could you work on to make it easier to regularly consume nuts, beans, and seeds?
4. How can you best continue to add nuts, beans, and seeds to your meals as you move into next week?

WEEK 5: GOOD MICROBIOME BUGS

You've spent the last four weeks adding foods that help support your microbiome by providing it the fiber it needs to thrive. But to continually seed the gut with good bugs, you'll also benefit from adding some fermented foods to your diet. Including live-culture foods like kefir, yogurt, miso, kombucha, and sauerkraut is a great way to do just that.

While many of these foods are staples in other cultures, the traditional Western diet doesn't put a high premium on fermented foods. You may not be as familiar with ferments, and that's okay. Here's your chance to find delicious ways to add **three to five servings** of fermented foods each week in service of your microbiome—and your brain.

How to Start

Do you already enjoy fermented foods? Which ones? Are there places you could replace traditional dairy with natural, full-fat kefir or yogurt? The Chocolate Peanut Butter Cup Smoothie is a tasty

way to start. And who doesn't love a great grilled cheese sandwich with bacon? You can turn this food into a brain-boosting meal with the simple addition of some sauerkraut.

Tips and Tricks

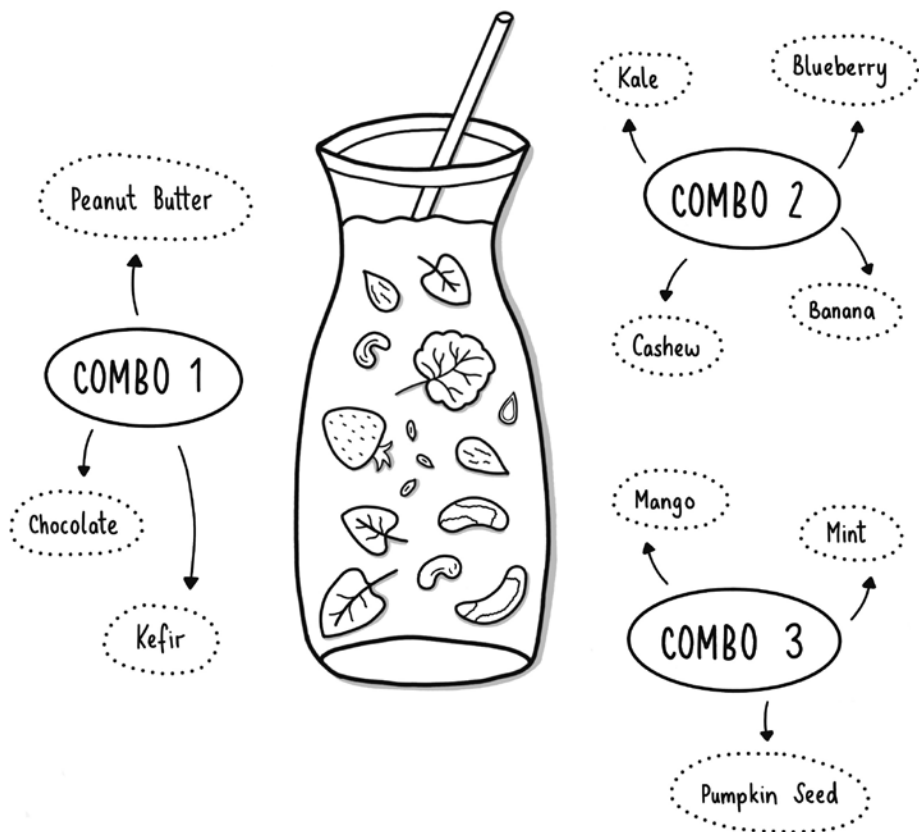
Kefir and yogurt are easy additions to a morning smoothie, of course. But miso soup, like the butternut squash variety or seared pork chops with sauerkraut are also satisfying ways to indulge in this food category.

Challenge

Familiarity is usually the biggest barrier to entry here. You want to make sure you don't accidentally stock up on fermented foods that are full of sugar and other additives and preservatives. And be sure to buy fermented foods with live cultures, which will be refrigerated in the grocery store, as opposed to "pickled" foods on the shelf which are simply preserved in vinegar.

Make sure to pick up plain, full-fat kefir and yogurt with no added sugar and then add your own sweetness with honey, berries, or a little dark chocolate to taste.

Healthy-Brain Smoothie



Chocolate Peanut Butter Cup Smoothie

MAKES 1 SMOOTHIE

Beating depression and anxiety with food means more beans and legumes . . . like cacao beans and peanut butter. Smoothies are great for brain nutrition when appetites and motivation are low. If the sourness of the kefir needs to be sweetened beyond the banana, add a date or a drizzle of honey. This recipe works well with yogurt, too—add a splash of liquid to achieve your desired consistency. If you forgot to freeze the banana, add a handful of ice.

¾ cup plain full-fat kefir	2 tablespoons peanut butter
¼ cup water	2 Brazil nuts
1 cup packed fresh spinach	¼ teaspoon almond extract
1 banana, cut into 1-inch pieces and frozen	1 teaspoon cacao nibs, for garnish
2 tablespoons cacao powder	

In the following order, put the kefir, water, spinach, banana, cacao powder, peanut butter, Brazil nuts, and almond extract into a high-powered blender. Blend for 30 to 45 seconds, until all the ingredients are incorporated. Pour into a glass, top with the cacao nibs, and serve immediately.

NUTRITIONAL STATS PER SERVING: 515 Calories, 19g Protein, 56g Carbohydrates, 24.5g Fat (5g Saturated), 9mg Cholesterol, 30g Sugars, 9g Fiber, 229mg Sodium

TOP NUTRIENTS: Selenium = 283%, Magnesium = 64%, B6 = 54%, Potassium = 27%, Vitamin A = 65%, Vitamin B12 = 23%

Kefir Berry Smoothie

MAKES 1 SMOOTHIE

Berries have their brain food reputation for good reasons. These low glycemic fruits are loaded with phytonutrients linked to improved brain health. And while berries get the headline, nuts and seeds are the secret all-stars to a brain food smoothie, offering fiber and slow-burning carbs to balance out the sugars of the

fruit. Kefir contains more CFUs (colony-forming units) of the good bugs that are central to microbiome health, quelling inflammation and improving mental fitness.

¾ cup plain full-fat kefir

⅓ cup white beans

⅓ cup water

1½ cups frozen blueberries

½ large banana

½ cup chopped spinach

2 tablespoons raw, unsalted almonds

2 tablespoons raw, unsalted
pepitas (pumpkin seeds)

In the following order, put the kefir, beans, water, blueberries, banana, spinach, almonds, and pepitas into a high-powered blender. Blend for 30 to 45 seconds, until all the ingredients are incorporated. Pour into a glass and serve immediately.

NUTRITIONAL STATS PER SERVING: 461 Calories, 19g Protein, 64g Carbohydrates, 18g Fat (3g Saturated), 9mg Cholesterol, 36g Sugars, 14g Fiber, 96mg Sodium

TOP NUTRIENTS: Magnesium = 89%, Vitamin A = 70%, Folate = 45%, Potassium = 32%, Vitamin C = 25%

Miso Butternut Squash Soup

SERVES 4

Soups are an essential tool for eating to beat depression and anxiety. Nutrient rich, soothing, and calming, we boost this butternut soup with miso, a fermented soybean paste, adding in more protein, fiber, and good bugs. No immersion blender? Wait until the soup has cooled significantly, then add to a blender in batches and blend until smooth.

2 tablespoons coconut or olive oil

1 medium yellow onion, roughly chopped

4 garlic cloves, chopped

2½ pounds butternut squash, roughly
chopped (1 medium butternut squash)

5 to 6 cups low-sodium vegetable broth

¼ cup raw cashews

2 tablespoons soy sauce

Kosher salt

¼ cup white miso paste

Juice of 1 large lime (about 2 tablespoons)

Warm the coconut oil in a large heavy-bottomed pot over medium heat. Add the onion and cook for 3 to 4 minutes, until softened. Add the garlic and cook for 1 more minute.

Stir in the squash, 5 cups of the broth, the cashews, soy sauce, and 1/2 teaspoon salt. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and cook for 20 to 30 minutes, until the squash is very tender.

Remove the pot from the heat, stir in the miso and lime juice, and blend with an immersion blender until completely smooth. Add more broth if needed to achieve your desired consistency.

NUTRITIONAL STATS PER SERVING: 284 Calories, 6g Protein, 46g Carbohydrates, 10.5 Fat (6g Saturated), 0mg Cholesterol, 12g Sugars, 7g Fiber, 1064mg Sodium

TOP NUTRIENTS: Vitamin A = 215%, Vitamin C = 87%, Potassium = 23%, Thiamine = 27%, Vitamin B6 = 39%

One-Skillet Pork Chops with Plums and Red Onion

SERVES 4

Pork and sauerkraut are a classic pairing, and this one-skillet dish is a satisfying explosion of flavor, thiamine, zinc, and vitamin B12. The plums and red onions cook down into a delicious base. Add a side of brown rice or farro if you need to bulk it up on a hungry night. This recipe is a model—use what’s in season or what you’ve got on hand. Yellow onion will do the trick in place of red, and you can swap any stone fruit for the plums. Just don’t forget the sauerkraut, which balances the sweetness of the plum mixture and adds plenty of good bugs. Look for local, pasture-raised pork.

4 (1½-inch-thick) boneless pork chops

Kosher salt and freshly
ground black pepper

2 tablespoons olive oil, divided

1 large red onion, sliced ¼-inch thick

4 large garlic cloves, thinly sliced

4 large plums, sliced ½-inch thick

1 tablespoon apple cider vinegar

1 tablespoon unsalted butter

2 teaspoons Dijon mustard,
plus more for serving

½ cup sauerkraut

Season the pork chops generously (as in, way more than you think!) with salt and

pepper and allow to rest at room temperature for 30 minutes.

Heat a 12-inch skillet, preferably cast-iron, over medium-high heat for several minutes. Add 1 tablespoon of olive oil and warm for 30 seconds. Turn on your over-the-stove vent, as the pork chops will get very smoky. Cook the pork chops for 3 minutes per side, or until an instant-read thermometer registers 135°F. If the sides look pink, use tongs to turn and sear each side for about 30 seconds. Transfer the pork chops to a holding plate and reduce the heat to medium.

When the skillet has cooled for a few minutes, add the remaining 1 tablespoon oil, the red onion, and garlic. Season with salt and pepper. Cook for about 5 minutes, stirring often, until the onions are soft but not totally shapeless. Add the plums and cook for 3 to 4 minutes, until they are soft and warm but not mushy. Remove the skillet from the heat and stir in the vinegar, butter, and mustard until incorporated.

Nestle the pork chops down into the warm plums to rewarm if needed.

Serve the pork chops over the plum and onion mixture, with a dollop of mustard and 2 tablespoons of sauerkraut alongside.

NUTRITIONAL STATS PER SERVING: 551 Calories, 56g Protein, 12g Carbohydrates, 31g Fat (8g Saturated), 178mg Cholesterol, 8g Sugars, 2g Fiber, 409mg Sodium

TOP NUTRIENTS: Selenium = 155%, Thiamine = 106%, Zinc = 94%, Vitamin B6 = 94%, Vitamin B12 = 60%

Kimchi Pancakes

MAKES 8 PANCAKES

Comforting for your mood and your microbiome, these savory pancakes are a great vehicle for eating more plants. Kimchi is a traditional Korean dish of fermented cabbage with many variations that you can find in the grocery store. These pancakes make eating fermented foods an easy habit to form.

Pancakes

1 large egg

1¹/₄ cups all-purpose flour

¹/₃ cup water

1 tablespoon kimchi brine

2 tablespoons rice wine vinegar

1 tablespoon low-sodium soy sauce

1 cup kimchi, finely chopped	1 teaspoon sesame seeds
1 cup red bell pepper, sliced into 1½-inch long thin slices	½ teaspoon kosher salt
	2 to 3 tablespoons avocado oil, divided

Dipping Sauce

2 tablespoons soy sauce or coconut aminos	1 teaspoon honey
2 tablespoons rice wine vinegar	¼ teaspoon sesame seeds

Whisk the egg in a large bowl. Stir in the flour, water, kimchi brine, rice vinegar, soy sauce, chopped kimchi, red bell pepper, sesame seeds, and salt until just combined. If needed, stir in 1 more tablespoon of water at a time until a thick but pourable consistency is achieved.

Allow the batter to rest for 5 minutes.

Warm 1 tablespoon of the oil in your largest skillet over medium-high heat.

Pour the batter in ¼-cup additions, 2 or 3 at a time in the skillet, to make 8 pancakes total. Cook for 2 to 3 minutes, until golden brown, then flip and cook for an additional 2 to 3 minutes.

Repeat with the remaining oil and batter until all the pancakes are cooked.

Meanwhile, make the dipping sauce by whisking the soy sauce, vinegar, honey, and sesame seeds together in a medium bowl.

Serve the pancakes with the dipping sauce.

NUTRITIONAL STATS PER SERVING (2 PANCAKES): 258 Calories, 7g Protein, 37g Carbohydrates, 9g Fat (1.5g Saturated), 44mg Cholesterol, 6g Sugars, 2g Fiber, 734mg Sodium

TOP NUTRIENTS: Vitamin C = 39%, Folate = 23%, Vitamin B1 = 19%, Iron = 17%, Vitamin B12 = 13%

Brainfood Reuben

MAKES 1 SANDWICH

Yes, you can make a probiotic grilled cheese “Reuben.” Fermented cabbage and sourdough bread add a dose of good bugs to this rainy-day favorite. Pair with a simple salad or the Miso Butternut Squash Soup. Adding mayo is a great trick for toasting sandwiches. No extra oil or butter needed—just put the mayo-coated sandwich into a dry skillet.

2 slices thick-cut bacon	1/3 cup finely chopped sauerkraut
1 tablespoon mayonnaise	1/3 cup packed baby arugula
2 slices sourdough bread	2 ounces white cheddar cheese, grated
1 ounce mozzarella cheese, grated	

Preheat the oven to 400°F.

Place the bacon on a parchment-lined rimmed baking sheet. Bake for 15 to 18 minutes, until crisp to your liking. Transfer to a paper towel to drain.

Heat a medium skillet over medium-low heat.

Spread the mayonnaise on both sides of the slices of bread, then place them on a cutting board. Mound the mozzarella on one side. Squeeze any excess liquid out of the chopped sauerkraut, then pile it on top of the mozzarella. Add the bacon slices, breaking them up as needed to cover the sandwich, then the arugula, then add the cheddar cheese and close the sandwich.

Add the sandwich to the heated skillet, press down gently with a spatula, and cook for 5 to 7 minutes, until golden brown. Carefully flip and cook for another 5 to 7 minutes, until golden brown on the second side.

Transfer the sandwich to a cutting board, let it rest for a couple minutes, then slice it in half.

NUTRITIONAL STATS PER SERVING: 721 Calories, 49g Protein, 55g Carbohydrates, 37.5g Fat (17g Saturated), 122mg Cholesterol, 5g Sugars, 4g Fiber, 1643mg Sodium

TOP NUTRIENTS: Selenium = 126%, Thiamine = 64%, Vitamin B12 = 50% Folate = 43%, Iron = 28%

REVIEW

Consider the following questions before you move on to Week 6:

1. Did you meet your goal of adding 3 to 5 servings of fermented foods this week?
2. Celebrate your successes! What approaches worked in helping you achieve that goal? What strategies could help as you move into next week?
3. Did you try any recipes? What skill could you work on to make it easier to add more of these foods to your meals next time?
4. How can you best continue to add fermented foods to your meals as you move forward?

GOOD MICROBIOME BUGS



Add kimchi to your
eggs for breakfast



Make smoothies
with kefir



Add sauerkraut
to your salads



YOGURT



WEEK 6: GROWING YOUR FOOD ROOTS

While each and every one of us approaches food from a different perspective, one thing many of us have in common is that we're becoming increasingly removed from our food roots. We go to the grocery store and pick up prepackaged foods without a thought about where they come from or how we might better connect to our local food system and community at large. As you master eating to beat depression and anxiety, it's important to find ways to make those connections—whether it's hosting regular potluck meals, volunteering at your local farmers market, or investing in a community supported agricultural (CSA) share to get hold of fresh veggies. Your food roots—and the consequent strong connections you make with those around you—are just as important to your mental health as are the nutrients you consume.

Human beings are social by nature. It's not surprising that isolation and loneliness greatly increase the risk of depression and decrease the length and quality of our lives. Being part of a community that helps bring joy and pleasure to food is a key part of nourishing your brain and mental health long after you've completed the six-week plan. That's why I've asked that each week you engage in **one intentional action** to build your food connections and grow your food roots.

Over the years, I've felt my food roots grow as I've engaged with food communities all around the country and connected to the soil, farms, and people that create our web of nourishment. For me, it started when my parents moved back to the farm, but each step of my journey as an eater, from the food co-op at my college to the Abingdon Square Greenmarket in New York City where I rekindled my relationship with kale and farm-fresh produce, has helped solidify my mental health with a strong sense of interconnectedness.

How to Start

In what ways are you already connected to your food community? Who are the people and what are the local organizations involved? Does your community have a food co-op or farmers market? Do you have access to a CSA or community garden? What activities or community events leave you personally satisfied and connected?

Tips and Tricks

Roots grow strong and deep over time. Be patient, especially if you are still in the process of discovering the markets and co-ops around you—and, until now, your experience with food may have been more focused on efficiency than deepening your relationship with your local food community. Checking out your local farmers market is a great way to stock up while socializing with local growers and purveyors. Start with a small box or share of a CSA if you're adapting to eating more produce. Get to know your fishmonger and butcher. Ask them what's special at their counter. Check if a local farm has a volunteer day. Sign up for a cooking class at a neighborhood restaurant or school. Volunteer with your church to help with the food pantry. There are many creative ways to enhance your relationship with your food community—and become a more knowledgeable and confident eater in the process.

Challenges

Exploring new groups and experiences can be anxiety provoking, especially when we're not feeling our best. Building this personal food community can seem like an idealistic and overwhelming task if we don't focus on the simple, small acts that build it day by day, week by week. Like incorporating more nutrient-dense foods into your weekly diet, it all begins meal by meal, bite by bite. Don't make it more complicated than it needs to be. Remember, more dinner parties and potlucks are signs of progress.

REVIEW AND THE FUTURE

1. Did you meet your goal for the week of engaging in one intentional act to grow your food roots?
2. Celebrate your successes! What approaches worked in helping you achieve that goal? What strategies could help as you move into next week?
3. Did you share any recipes or notable meals with anyone?
4. How can you best continue to grow your food roots and deepen your sense of connectedness to your food community?

YOUR FOOD ROOTS



A STRONG FOUNDATION FOR GROWTH

I've mentioned before that how I treat depression and anxiety has radically changed over the last ten years. And the results have been phenomenal. Food really is medicine. And as you complete the six-week plan, I hope you've felt these same positive changes, not only with an improvement in your mood or anxiety levels but also with a boost of confidence. You now have a powerful set of tools to help you better care for your body, brain, and mental health. This plan was created to help you understand that brain health really does start at the end of your fork—and by incorporating the nutrient-dense foods that Mother Nature designed to feed your brain, you now have an action plan to continue that journey for the rest of your life.

Never forget that you have an opportunity every time you sit down to eat to put your brain into “grow” mode, to feed your microbiome, and to foster optimal brain health. As you continue to eat more nutrient-dense foods, you'll continue to feel better, not only because your brain has the building blocks it needs to work at its best but also because you know you're intentionally supporting your health and well-being. You have the knowledge and confidence you need to be a true master of self-nourishment.

One year from now and then in another decade, I hope you will look back over this plan and understand why eating with your brain in mind is so vital to mental health. By feeding your brain, you're protecting your most important asset. You now know the science behind diet. You've spent time better understanding your strengths when it comes to eating—and some challenges you may continue to face. You've worked through the six food categories to gain the expertise you need to eat with joy and purpose. You have all the tools you need to succeed as you eat to beat depression and anxiety, nurturing your mind, body, and spirit as you sit down to every meal.

FINAL REVIEW

Consider the following questions:

1. How do you feel now that you've completed the six-week plan?
2. Did you meet your goals?
3. Celebrate your successes! What approaches worked in helping you to better connect with your food roots? What didn't work as well?
4. Did you try any recipes? What skills could you work on to help make some of these dishes easier?
5. How can you reach out and build stronger connections with your greater food community?
6. How can you best continue to add nutrient-dense foods to your diet in a way that's nourishing to body, mind, and spirit?

CHAPTER 9: Recap

- Each week's section of the six-week plan addresses a specific food category to add to your diet: leafy greens; rainbows; seafood; nuts, beans, and seeds; good microbiome bugs; and your food roots.
- At the beginning and end of each week in the plan, consider how you can add the recommended number of servings of that particular food category to your meals. What are some easy ways to start? What challenges might you face? What SMART goals can you develop to help? Where might you improve?
- At the end of the six weeks, take stock of what you've accomplished. What approaches worked in helping you to add more nutrients to your meals? How can you best continue to do so in ways that nourish your body, mind, and spirit?

RESOURCES

Eating to beat depression and anxiety is a lifelong endeavor. As you move forward making changes to your diet, there is always more to learn and new food to discover. One of the many benefits of the growing Food Is Medicine and Nutritional Psychiatry movements is the increasing list of qualified experts and noteworthy organizations.

This chapter is filled with additional resources that can help support you and many that I have found helpful in my journey to understand food and Nutritional Psychiatry. Below you'll find the groups and organizations I recommend to my patients that offer easy ways to connect to your food roots, learn more about new studies in Nutritional Psychology, and support your mental health as you continue on this journey. For more resources go to www.DrewRamseyMD.com.

FOOD RESOURCES

United States Department of Agriculture (<https://www.usda.gov/>). When you see the nutritional information on food packaging, or in a recipe, social media post, or expert commentary, that information is likely based on data and research from a USDA laboratory. The USDA website provides data about food and offers a detailed nutritional analysis of anything you might think of eating, easily searchable by food type, preparation style, and portion size.

Food Tank (<https://foodtank.com/>). This food-inspired think tank is building a global community of healthy, nourished eaters through programs that support sustainable agriculture and food system change.

The Savory Institute (<https://savory.global/>). Allan Savory, an ecologist, has inspired the regenerative agriculture and pasture-based movements. The Savory Institute has programs to connect farmers, brands, and consumers with regenerative practices.

The Land Institute (<https://landinstitute.org/>). This organization supports science-based research to develop more sustainable agricultural practices, including perennial grain crops and polyculture farming solutions. The Land Institute means a lot to me. As a young physician starting to research the connection between food and mental health, I traveled out to Salinas, Kansas, to meet with Wes Jackson, the founder of this amazing organization. I learned a lot.

Local Harvest (<http://www.localharvest.org>). Looking for assistance in locating your nearest farmers market or community supported agriculture (CSA) outfit? Local Harvest, a strong supporter of the local food movement, can help. This amazing resource connects people directly to local farming operations with a comprehensive directory, as well as a regular newsletter that can be sent directly to your email inbox.

The Environmental Working Group (<https://www.ewg.org/>). The EWG is a nonprofit organization with a mission of protecting human health and the environment. It is an excellent resource for explaining the big issues affecting farming and food—as well as how to avoid common pesticides and contaminants.

Monterey Bay Aquarium (<https://www.montereybayaquarium.org/>). You may be surprised to see an aquarium on this list—but this really is one of the most gorgeous sea-life attractions in the country. Its mission is to inspire ocean conservation efforts, and its Seafood Watch team is working hard to make seafood consumption more sustainable.

NUTRITIONAL PSYCHIATRY AND FOOD IS MEDICINE RESOURCES

Food and Mood Centre (<https://foodandmoodcentre.com.au/>). Based at Australia's Deakin University, the Food and Mood Centre, directed by Felice Jacka, is a multidisciplinary research institution that studies how

the food we eat influences our brain, mood, and overall mental health. Its overarching goal is to develop nutrition-based interventions to better prevent and treat mental health conditions.

APC Microbiome Institute (<https://apc.ucc.ie/>). Formerly known as the Alimentary Pharmabiotic Centre, the APC Microbiome Institute, located at Ireland's University College Cork, is one of the world's leading centers of microbiome research. There, researchers including John Cryan investigate the microbiome and how it influences health and disease.

Weill-Cornell Alzheimer's Prevention Clinic (<https://weillcornell.org/services/neurology/alzheimers-disease-memory-disorders-program/our-services/alzheimers-prevention-clinic>). Alzheimer's disease, a progressive neuro-degenerative disorder that destroys the brain's memory centers, is diagnosed in millions of Americans each year. Scientists now understand that this disease starts decades before symptoms are observed. And at the Weill-Cornell Alzheimer's Prevention Clinic, clinicians and scientists are studying the use of nutrition-based approaches to prevent this debilitating disorder.

The Center for Mind-Body Medicine (<https://cmbm.org/>). The Center for Mind-Body Medicine, based in Washington, D.C., works to promote evidence-based approaches to wellness. Its research programs work with the goal of creating practical, scientifically sound skills for self-care, nutrition, and self-awareness. Its work has highlighted the link between good nutrition and mental health.

Mark Hyman, MD (<https://www.drhyman.com/>). Mark Hyman is a leader in the Food Is Medicine movement. He is a practicing family physician and an internationally recognized leader, speaker, educator, and advocate in the field of Functional Medicine. He is the founder and director of the UltraWellness Center, the head of Strategy and Innovation of the Cleveland Clinic Center for Functional Medicine, and a thirteen-time *New York Times* bestselling author.

Rupy Aujla, MD (<https://thedoctorskitchen.com>). Dr. Rupy Aujla is a UK-based NHS physician making waves with his engaging content, delicious recipes, and top-ranked podcast.

Rebecca Katz, MS (<https://www.rebeccakatz.com/>). Rebecca Katz is culinary translator and chef well-known in the Food Is Medicine movement. An

expert on how food can help sustain optimal health, she wrote *The Healthy Mind Cookbook*, which focuses on how nutrition can bolster physical and mental health.

The Brain Food Academy (<https://the-brain-food-academy.teachable.com/>). If you'd like more support as you learn to eat to beat depression and anxiety, my practice offers e-courses and other online resources at the Brain Food Academy.

MENTAL HEALTH RESOURCES

National Alliance on Mental Illness (<https://nami.org/home>). NAMI is the largest network of professionals working to provide advocacy, education, support, and public awareness of mental health conditions. It offers free groups and seminars, support for caregivers, and access to mental healthcare providers in your area.

American Psychiatric Association (<https://www.psychiatry.org/>). Full disclosure: I am a member, fellow, and past chairman of the Council on Communications for this incredible organization. The APA prides itself on its mission to ensure effective and accessible treatment for all people with mental health conditions, including substance use disorders.

Mental Health America (<https://www.mhanational.org/>). This community-based nonprofit organization helps to address the needs of individuals living with a mental health disorder. One of its big goals is work on prevention—and how we, as a country and society, can help our citizens prevent the development of mental illness.

National Institute of Mental Health (<https://www.nimh.nih.gov/index.shtml>). A key member of the National Institutes of Health (NIH), NIMH leads the federal charge on the study and treatment of mental disorders. The NIMH website is chock-full of information about different mental health disorders—and is a great resource for learning more about potential treatment options. I'd also add that NIMH's director, Joshua Gordon, is an incredible person and scientist. I know because I trained with him at Columbia University. He's the rare mix of top-notch research scientist, caring clinician, and capable institute administrator—and, under his direction, the institute is doing cutting-edge research on depression and anxiety.

American Foundation for Suicide Prevention (<https://afsp.org/>). The AFSP's mission is saving lives and bringing hope to those whose lives have been affected by suicide. It funds scientific research and educational programs, lobbies for public policy changes, and supports survivors of suicide loss.

Center for Motivation and Change (<https://motivationandchange.com/>). The CMC is a private group practice of clinicians and researchers in New York City who work to better understand and treat substance use and compulsive behaviors. Its treatment focus is on motivation—how to help patients find their own path toward change and overall well-being.

Substance Abuse and Mental Health Services Administration (<https://www.samhsa.gov/>). This federal agency, part of the U.S. Department of Health and Human Services, is responsible for public health efforts to promote behavioral and mental health. Its mission is to reduce the impact of mental health conditions, including substance abuse, across the country.

Overeaters Anonymous (<https://oa.org/>). This twelve-step program, modeled after the twelve steps of Alcoholics Anonymous, is a community program that supports people who suffer from compulsive eating and food behaviors.

David Puder, MD's Psychiatry and Psychotherapy Podcast (<https://psychiatrypodcast.com/>). This podcast, developed for mental health professionals and mental health enthusiasts, covers everything from how psychiatric medications work to the history of bipolar illness. If you are interested in learning more about mental health conditions—and the most common treatments for them—this is a great option.

Bring Change to Mind (<https://bringchange2mind.org/>). Cofounded by Oscar-nominated actress Glenn Close, this organization is working hard to end stigma and discrimination directed toward individuals suffering from a mental health condition.

Women's Alzheimer's Movement (<https://thewomensalzheimersmovement.org/>). This organization, founded by journalist Maria Shriver, is supporting research efforts to better understand why women are disproportionately affected by Alzheimer's disease. It offers educational programs to help people understand the link between sex and neurodegeneration and provides funding to innovative research projects trying to answer that very question.