

EASe-GAD Recommendations

Protein

The building blocks of protein are used to make neurotransmitters (like serotonin) which play a role in mental health. Eating protein helps to keep blood sugar balanced.



Sources of Protein to choose more often:

- Fish and seafood
- **Legumes:** lentils, beans, chickpeas
- **Soy Products:** tofu, tempeh, edamame,
- Eggs
- Chicken, turkey, red meat, game meat
- Greek Yoghurt (unsweetened)
- Nuts and Seeds, nut butter (unsweetened)

Sources of Protein to include less often:

- Processed meat like hot dogs and salami
- High fat meats like sausages, bacon, ribs
- Deep fried meat (such as fried chicken)

Recommendations:

1. Include a serving of protein at every meal
2. Eat legumes 3-4 times per week
3. Eat fish or seafood 2 times per week

Fats

The type of fat eaten can impact inflammation in the body. Higher inflammation can make anxiety worse.



Sources of Fat to include more often:

- Choose olive oil as your main source of added fat
- Fish or seafood
- Avocados
- Nuts and seeds
- Nut and seed butters (unsweetened)

Sources of Fat to include less often:

- Deep fried foods (French fries, chicken nuggets, spring rolls, fried chicken, potato chips)
- High fat meats like sausages, bacon, ribs, salami

Recommendations:

1. Use olive oil as the main added fat
2. Eat ¼ cup of nuts or seeds every day

Vegetables and Fruits

Vegetables and fruit decrease inflammation and provide important vitamins and minerals. They also contain fiber which helps to keep blood sugar balanced.



Vegetables and Fruit to choose more often:

- Any that you enjoy! Prepared in any way that you enjoy! Try some of the following:
- Salads
- Cut up vegetables with dip (hummus, salad dressing, or pesto)
- Steamed vegetables
- Roasted vegetables
- Any fruit that you enjoy (as a snack, in a smoothie, on top of a salad)

Vegetables and Fruit to include less often:

- Fruit juice (the fiber is removed)

Recommendations:

1. Include vegetables with every meal. Aim to cover half of your plate.
2. Eat 2 servings of fruit per day

Carbohydrates

Simple carbohydrates impact blood sugar which impacts mental health. Complex carbohydrates keep blood sugar more balanced.



Sources of Complex Carbohydrates to include more often:

- **Whole grain products:** brown rice, whole wheat tortillas/bread/naan, whole grain pasta, quinoa, buckwheat
- **Starchy vegetables:** squash, sweet potato, yams, corn
- Fruit

Sources of Simple Carbohydrates to include less often:

- White bread, white rice, white pasta
- Baked goods (cookies, cake, muffins, donuts, pastries), candy, chips
- Breakfast cereals
- Added sugar
- Sweetened drinks (pop, iced tea, sports drinks)

Recommendations:

1. Choose complex carbohydrates instead of simple carbohydrates at each meal
2. Drink water as your main drink



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