

Nutrition Considerations for Mood Management

These are simply guidelines, and not meant as a substitute for your physician's recommendations. Please consult your physician for specific treatment options.

<u>Deficient Nutrient</u>	<u>Behavioral Effects</u>	<u>Suggested Dose</u>	<u>Food Sources</u>
Vitamin B ₁ (Thiamin)	Korsakoff's psychosis Depression Apathy Anxiety Irritability	15-30 mg daily up to 150-600 mg for insomnia and anxiety	Brewers yeast Sunflower seeds Soybeans Wheat germ Navy beans
Vitamin B ₂ (Riboflavin)	Depression Irritability	5-15 mg/day	Kidney/beef Liver, beef Liver, chicken Yogurt Broccoli Almonds
Vitamin B ₃ (Niacin)	Apathy Anxiety Depression Hyperirritability Mania Memory deficits Delirium Dementia Emotional lability	100 mg/day of the mixed niacin and niacinamide	Liver, beef Tuna Chicken Salmon Halibut Beef Brown rice Sunflower seeds Almonds
Vitamin B ₅ (Pantothenic Acid)	Restlessness Irritability Depression Fatigue	100 mg/day	Liver/beef Liver/chicken Turkey, dark meat Brewer's yeast Chicken, dark meat Eggs
Vitamin B ₆ (Pyridoxine)	Depression Irritability Sound sensitivity Schizophrenia PMS	35 mg-50mg up to 100-500 mg/day for depression and dementia (caution with L-dopa)	Bran cereal Pork chops Watermelon Bananas
B ₁₂ (Cobalamin)	Psychosis Depression Irritability Confusion Memory loss Hallucinations Delusions Paranoia	800 mcg/day supplement with folate	Brewer's yeast Sea vegetables Liver/beef Clams Salmon Lamb Lobster Beef Tuna

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Folic acid (Folate)	Forgetfulness Insomnia Apathy Irritability Depression Psychosis Delirium Dementia	800 mcg/day supplement with B12 (caution with anti-convulsant drugs)	Brewer's yeast Liver/chicken Orange juice Liver/beef Black-eyed peas Romaine lettuce
Biotin	Depression Extreme lassitude Somnolence	300 mcg/day	Liver/chicken Liver/beef Rolled oats Eggs Halibut
Vitamin C (Ascorbic acid)	Lassitude Hypochondriasis Depression Hysteria	500-1000 mg tid	Orange juice Guava Green Peppers Grapefruit juice Kiwi Mango Watermelon
Vitamin E (Mixed Tocopherols)	Anemia Symptoms: Depression Fatigue Poor concentrations Irritability Nervous system disorders PMS	600 IU/day (caution with those taking hypertensives/anticoagulants)	Wheat germ Sunflower seeds Almonds Pecans Hazelnuts Flax oil
Iron	Anemia Symptoms	10-18mg/day	Liver/beef Tofu Molasses Amaranth Lentils Swiss chard Beef
Iodine	Hypothyroid Symptoms	150mcg/day	Sea vegetables Shellfish

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Magnesium	Fatigue Irritability Weakness PMS Anorexia Insomnia Restlessness Anxiety	280 –350 mg/day or 1.5 times calcium dosage (whichever is greater.) up to bowel tolerance	Soybean flour Buckwheat flour Tofu Soybeans Almonds Brown Rice
Calcium	Anxiety Insomnia	500-1500mg/day	Cheese Collard greens Spinach Yogurt Milk Tofu Broccoli Sea Vegetables
Omega 3 Fatty Acids	Depression	Fish oil: 550 mg EPA and 350 mg DHA/day or Flax/Borage or Evening Primrose Oil: 1000mg/day or 100 mg GLA	Salmon Mackerel Herring Tuna Flaxseed oil Canola oil Walnuts Pumpkin seed Soy
Omega 6 Fatty Acids	Depression Schizophrenia	400 mg of omega 6 daily or 1500 mg/day of borage or evening primrose oil.	Borage oil Evening primrose oil Safflower oil Sunflower oil Black current oil Soy Sesame oil