

How to Build an Anti-Inflammatory Power Salad

1) Start with a Leafy Green Base

- Arugula
- Lettuce, Mixed greens
- Spinach

2) Top with at least 2 other vegetables/ fruits

- Asparagus, beets, broccoli, cabbage, carrots, cauliflower, celery, cucumber, mushrooms, onions, peppers, radish, snap peas, tomatoes
- Apple slices, blackberries, blueberries, figs, grapes, mango, pear, strawberries

3) Add Whole grain

- Brown Rice
- Wild Rice
- Quinoa

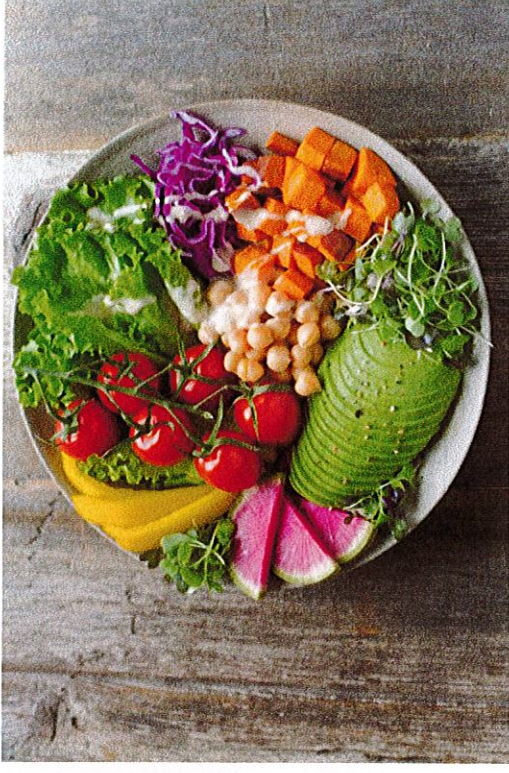
4) Add Protein

- Salmon*, tuna*, chicken, egg
- Tofu, chickpeas, black beans
- Cheese, yogurt

5) Healthy Fats

- Olive oil, vinegar, herbs
- Avocado
- Nuts, seeds (walnuts*, flaxseed*, chia seed*)

* = Good source of Omega-3 Fatty Acid



Food and Eating Strategies to Improve Mental Health

1) Anti-inflammatory Diet:

- Limit Sugar
 - ~Added sugar
 - ~Sugar beverages
- Include Omega-3 Fatty Acids
 - ~Salmon, tuna, sardines
 - ~Walnuts, Flaxseed
- Include Probiotics and Phytochemicals
 - ~Vegetables, Fruits
 - ~Beans
 - ~Nuts, Seeds



2) Mindful Eating:

- Paying attention, on purpose, moment by moment, without judgment
- BASICS
 - Breathe and belly check
 - Assess your food
 - Slow down
 - Investigate hunger throughout
 - Chew thoroughly
 - Savor your food
- Use all 5 Senses to Savor
 - Sight
 - Sound
 - Smell
 - Touch
 - Taste

Resources:

Food and Mood: How do diet and nutrition effect mental well-being? <https://www.bmj.com/content/bmj/369/bmj.m2382.full.pdf>

National Institute of Health: Omega 3 Fatty Acid Fact Sheet. <https://ods.od.nih.gov/pdf/factsheets/Omega3FattyAcids-Consumer.pdf>

Mindful Eating: The Art of Presence While You Eat. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5556586/>