

# NERVE SOOTHING NUTRIENTS



Nutrients in foods can have a big impact on your mood and overall nervous function. Use this guide to learn about some of the nutrients that support your nervous system and where to find them in foods.

## **B Vitamins**

Vitamins from the B family, especially B1, B6 and B12 are involved in the maintenance and function of the nervous system. During stressful times these tend to get depleted quickly so it is crucial to make them part of your diet.

Where to find them:

- Dark leafy greens like spinach, Swiss chard, and Collard greens
- Bell Peppers
- Garlic
- Crimini mushrooms
- Romaine lettuce
- Tuna
- Sardines
- Shrimp
- Grass-feed beef

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*B vitamins are essential for energy production and formation and function of healthy red blood cells*

*Antioxidants help prevent oxidation and protect cells from damage. They are supportive of all body systems, including the nervous system.*

*Whole fruits and vegetables are the richest source of antioxidants*

## **Omega-3 Fatty Acids and Monounsaturated fats**

Fats are crucial to the brain and nervous system. They coat your nerves and provide integrity and fluidity to cell membranes.

Where to find them:

- Fatty fish like salmon
- Scallops
- Shrimp
- Sardines
- Flaxseeds
- Walnuts
- Avocado
- Almonds
- Walnuts
- Olives

## **Magnesium**

Working in combination with calcium to support proper functioning of nerves and muscle, magnesium is a mineral commonly associated with relaxation.

Where to get it from:

- Dark leafy greens like Swiss chard, and spinach
- Summer squash
- Pumpkin Seeds
- Broccoli
- Basil
- Quinoa
- Bananas
- Avocado
- Legumes
- Vegetable broths

## **Vitamin D**

The sunshine vitamin is also a hormone and its functions in the body are numerous.

Including the regulation of nervous system development and function

Where to get it from:

- Shrimp
- Oily fish like sardines, and salmon
- Milk
- Cod
- Egg yolk
- Shiitake mushrooms

## Vitamin C

One of the most powerful antioxidants vitamin C plays a pivotal role in cognitive function.

Where to find it:

- Bell peppers
- Parsley
- Broccoli
- Strawberries
- Lemon
- Papaya
- Cantaloupe
- Squash
- Kale
- Tomatoes

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*Nerve endings in the brain contain some of the highest concentrations of vitamin C in the human body!*

## Amino Acids

The central nervous system requires amino acids found in protein foods. to function properly. Tryptophan, tyrosine, histidine, and arginine are some of the amino acids that support brain function.

These will provide a complete source of essential amino acids:

Beef

- Poultry
- Seafood
- Eggs
- Dairy
- Quinoa
- Soy

The following will provide some amino acids that can be combined to make a complete source:

- Beans
- Nuts/seeds
- Whole grains
- Vegetables

To make a complete protein, for example you can combine rice and beans, corn and beans, or a salad with nuts and seeds.



# SHOPPING LIST:



Use the guide above to create your grocery list

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