

Top Foods that Fight Depression

Top 20 Foods

Keep this list handy and fill your plate with as many of these antidepressant foods as you can each day!

Watercress



Spinach



Swiss Chard



Kale & Collard Greens



Herbs: Parsley, Basil, Cilantro



Broccoli



Cauliflower



Brussels Sprouts



Red Cabbage



Peppers



Pumpkin and Butternut Squash



Kohlrabi



Lemon, Limes and Oranges



Strawberries



Blueberries



Oysters and Clams



Crab



Salmon



Rainbow Trout



Tuna

