Most Commonly-Mentioned Dietary Recommendations for Depression Management

**Increase:** Fresh, whole, high-fiber, nutrient-rich fuel

**Reduce/Avoid:** Processed, manmade, artificial food

Complex carbs - whole grains / products

Sugars / refined flours

Fresh, whole produce (esp. dark leafy greens)

Junk food / fast food

Healthy fats (eg. olive oil, nuts, avocados - in moderation)

Killer fats