

FALL FOODS THAT MAY FIGHT WINTER BLUES



Vitamin D		Magnesium
Mushrooms		Cauliflower
Fortified Foods		Endive
		Ginger Root
Calcium		Pumpkin & Winter Squash
Broccoli		Spinach & Leafy Greens
Butternut Squash		Nuts & Seeds
Endive		Iron
Spinach & Leafy Greens		Blackeye Peas & Dried Beans
Tofu		Endive
Zinc		Lenils
Garlic		Pumpkin & Seeds
Pomegranate		Spinach & Leafy Greens
Pumpkin & Squash Seeds		White Mushrooms
Radicchio		Jerusalem Artichokes
Spinach & Leafy Greens		Folate
B-Vitamins		Squash & Pumpkin
Acorn & Butternut Squash		Beans, Lentils, & Peas
Brussels Sprouts		Broccoli & Cauliflower
Cauliflower		Brussel Sprouts
Endive		Nuts & Seeds
Sweet potatoes		Spinach and Leafy Greens
Chromium		Potassium
Apples		Broccoli & Cauliflower
Broccoli		Brown Mushrooms
Grapes & Grape Juice		Butternut Squash
Mushrooms		Sweet Potatoes
		Kohlrabbi

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