**Eat for Lasting Joy**

**EAT these Foods for Good Mental Health Reduce & STOP Foods Bad for Mental Health**

1. Fresh fruits 1. Fast Food—high in fat, salt, & sugar
2. Vegetables (especially green leafy ones) 2. Meat—beef, chicken, pork, etc.
3. Nuts—almonds, walnuts, cashews, etc. 3. Alcohol and caffeine
4. Beans and lentils 4. Dairy—cow’s milk
5. Flax seeds and chia seeds 5. Processed foods: white bread,

snacks, donuts, candy,

 sweet cereal, etc.

**CHIA PUDDING**

1 Can Coconut Milk These are suggestions made based on various scientific studies

1 Can of Almond Milk or other Plant Milk but are not meant to be a diagnosis or prescription.

(Use the empty Coconut Milk can) Consult your doctor for any major changes.

½ Cup Chia Seeds Learn more about how to have great health

¼ Cup Maple Syrup at MLML.org under English, Español, Khmer, Laotian, and more.

1 tsp. Vanilla

The recipe is better if you soak the chia seeds over-night

Mix the above ingredients together. Add berries or other fruit or nuts