Nutrition and Mental Health

A nutritious diet can do wonders for your body, heart and most important, your mental health! Here are a few foods to try and a link to a recipe book:

**Food to eat to boost your mental health:**
- Carrots
- Dark leafy greens like spinach
- Lettuce
- Cucumber
- Apples
- Bananas
- Grapefruit, other citrus fruit
- Fresh berries
- Kiwi
- Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods

**Nutritious and delicious**

On the Health Solutions website, there is a link to a cookbook.

*The Good and Cheap Cookbook* by Leann Brown is a cookbook for people with very tight budgets, particularly those on SNAP/Food Stamp benefits.

The book shows how a person can eat well on just $4 a day.

The recipes are simple and the pictures are mouth watering. To view the cookbook, visit the local resource link at:


Please know that you are not alone. It is normal to feel these things during uncertain times.


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**Health Solutions Support Systems Available in Pueblo**

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

**VISIT**
Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

**CALL**
Health Solutions
Crisis Services
719.545.2746

**STATE HOTLINE**
Colorado Crisis Services
1.844.493.8255

**OR TEXT**
Colorado Crisis Services, text TALK to 38255

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Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator

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