



# 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

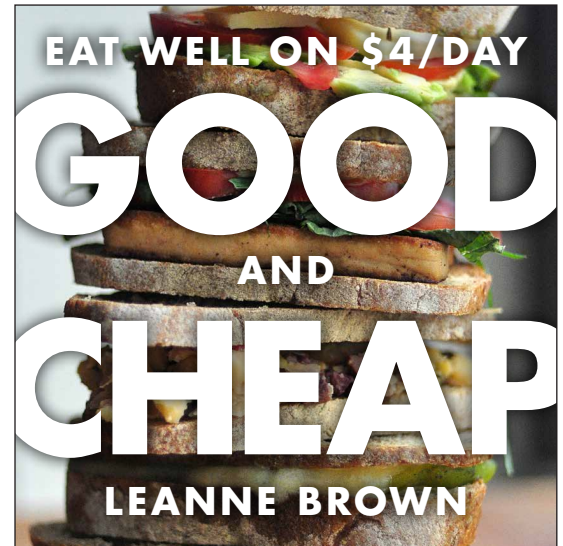
On the Health Solutions website, there is a link to a cookbook.

*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:

<https://www.Health.Solutions/localsolutions/>



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

**Visit our website for more tips on stress relief: [www.Health.Solutions](http://www.Health.Solutions)**



## 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