

Six Pillars for Seasonal Affective Disorder

1 Probiotics for Gut-Brain Support

A healthy gut can help support a healthier mood. Probiotics are beneficial bacteria that influence serotonin production and reduce inflammation, two important factors in mental health.

Include in Your Diet:

- Yogurt with live cultures
- Kefir
- Sauerkraut, kimchi, and fermented pickles
- Miso and tempeh
- Kombucha

Supplement tip: Choose a probiotic with at least 10 billion CFUs and strains like Lactobacillus and Bifidobacterium.



2 Prebiotics to Feed Good Bacteria

Prebiotics are plant fibers that feed the probiotics in your gut. Together, they create a stronger gut-brain connection.

Include in your diet:

- Garlic, onions, and leeks
- Asparagus, artichokes
- Bananas, apples
- Whole grains (oats, barley)
- Nuts and seeds



Aim to include a variety of these foods daily to support a balanced gut environment.

3 Omega-3 Fatty Acids for Brain Health

Omega-3s help maintain brain cell structure and improve communication between brain cells. These healthy fats are linked to reduced symptoms of depression.

Sources of omega-3s:

- Fatty fish: salmon, sardines, mackerel
- Chia seeds, flaxseeds, walnuts, hemp seeds
- Fortified foods like eggs and plant-based beverages

Try to eat omega-3-rich foods at least twice a week.



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Vitamin D for Mood Regulation

During winter, reduced sun exposure can lead to vitamin D deficiency, which may worsen depressive symptoms.

Ways to Enhance Your Vitamin D Levels

- Fatty fish (such as tuna or salmon)
- Egg yolks
- Fortified milk or plant-based alternatives
- Vitamin D3 supplements (be sure to consult your provider for the appropriate dosage)



Ask your healthcare provider about testing your vitamin D levels.

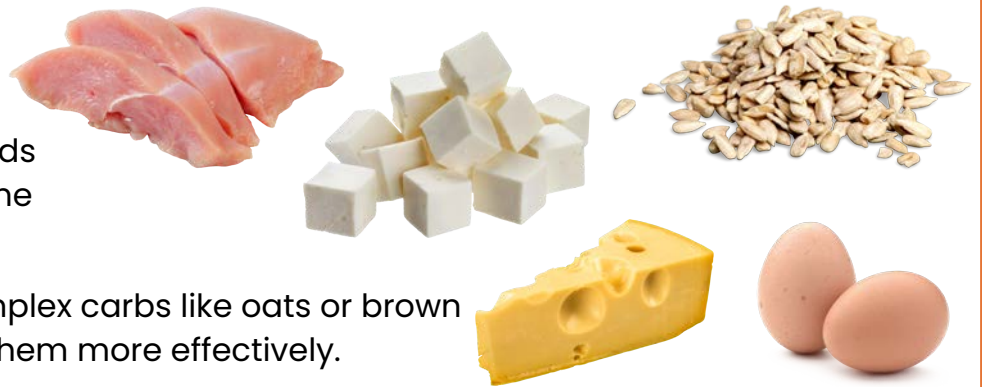
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Tryptophan for Serotonin Production

Tryptophan is an amino acid your body uses to make serotonin, a chemical that helps regulate mood.

Tryptophan-rich foods:

- Turkey, chicken, eggs
- Pumpkin and sunflower seeds
- Soy products: tofu, edamame
- Dairy: milk, cheese



Pair tryptophan foods with complex carbs like oats or brown rice to help your body absorb them more effectively.

6

Limit Mood-Sabotaging Foods

Some foods can negatively impact your energy and mood, especially during the winter months.

Try to reduce or avoid:

- Sugary snacks and beverages
- White bread, pastries, and processed carbs
- Alcohol, which can disrupt sleep and worsen low moods



Focus on whole foods that provide steady energy and stable blood sugar.