

Table 3: Foods, Nutrient Content, and Antidepressant Food Score

Food	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	Omega 3 (%DV)	K	Fe	Mg	Zn	Se	Calories	Antidepressant Food Score
yogurt, plain whole milk	2%	2%	2%	2%	6%	0%	3%	4%	0%	4%	4%	3%	61	4%
gjetost cheese	22%	21%	1%	14%	40%	0%	43%	40%	3%	17%	8%	21%	466	4%
swiss cheese	17%	4%	1%	4%	56%	0%	35%	2%	1%	10%	29%	26%	380	4%
roquefort cheese	21%	3%	12%	6%	11%	0%	70%	3%	3%	8%	14%	21%	369	4%
brie cheese	12%	5%	16%	12%	28%	0%	31%	4%	3%	5%	16%	21%	334	4%
gouda cheese	11%	2%	5%	4%	26%	0%	39%	3%	1%	7%	26%	21%	356	3%
gruyere cheese	19%	4%	2%	4%	27%	0%	43%	2%	1%	9%	26%	21%	413	3%
blue cheese	15%	2%	9%	8%	20%	0%	26%	7%	2%	6%	18%	21%	353	3%
parmesan cheese	8%	3%	2%	5%	20%	0%	30%	3%	5%	11%	18%	32%	392	3%
cream, heavy whipping	29%	1%	1%	1%	3%	0%	54%	2%	0%	2%	2%	1%	345	2%
goat cheese (soft)	21%	5%	3%	13%	3%	0%	0%	1%	11%	4%	6%	4%	268	2%
goat cheese (hard)	35%	9%	1%	4%	2%	0%	0%	1%	10%	14%	11%	8%	452	2%
butter	50%	0%	1%	0%	3%	0%	32%	1%	0%	0%	1%	1%	717	1%
pummelo	0%	2%	NA	2%	0%	102%	0%	6%	1%	1%	1%	NA	38	69%
acerola	15%	1%	3%	0%	0%	2796%	0%	4%	1%	5%	1%	1%	32	34%
papaya	22%	2%	10%	1%	0%	103%	0%	7%	1%	2%	0%	1%	39	31%
lemon	0%	3%	3%	4%	0%	88%	0%	4%	3%	2%	0%	1%	29	31%
strawberry	0%	2%	6%	2%	0%	98%	0%	4%	2%	3%	1%	1%	32	31%
tomato	17%	2%	4%	4%	0%	21%	0%	7%	1%	3%	1%	0%	18	28%
orange, navel	5%	5%	8%	4%	0%	99%	0%	5%	1%	3%	1%	0%	49	22%
guava	12%	4%	12%	6%	0%	381%	0%	12%	1%	5%	2%	1%	68	19%
currant, black	5%	3%	2%	3%	0%	302%	0%	9%	9%	6%	2%	1%	63	19%
lime	1%	2%	2%	2%	0%	48%	0%	3%	3%	1%	1%	1%	30	18%
kiwi	2%	2%	6%	3%	0%	155%	0%	9%	2%	4%	1%	0%	61	18%
lychee	0%	1%	3%	5%	0%	119%	0%	5%	2%	2%	0%	1%	66	15%
blackberry	4%	1%	6%	1%	0%	35%	0%	5%	3%	5%	4%	1%	43	13%
raspberry	1%	2%	5%	3%	0%	44%	0%	4%	4%	5%	3%	0%	52	11%
watermelon	11%	2%	1%	2%	0%	13%	0%	3%	1%	2%	1%	1%	30	10%
persimmon	33%	2%	2%	5%	0%	13%	0%	5%	1%	2%	1%	1%	70	8%
banana	1%	2%	5%	18%	0%	15%	0%	10%	1%	7%	1%	1%	89	6%
blueberry	1%	2%	1%	3%	0%	16%	0%	2%	2%	1%	1%	0%	57	4%
apple	1%	1%	1%	2%	0%	8%	0%	3%	1%	1%	0%	0%	52	3%
pear	0%	1%	2%	1%	0%	7%	0%	3%	1%	2%	1%	0%	58	3%
kamut	0%	39%	NA	13%	0%	NA	0%	13%	25%	34%	25%	99%	337	11%
teff	0%	26%	NA	24%	0%	NA	0%	12%	42%	46%	24%	6%	367	9%
corn, sweet yellow	4%	13%	11%	3%	0%	11%	0%	8%	3%	9%	3%	1%	86	6%
wheat, durum	0%	28%	11%	21%	0%	0%	0%	12%	20%	36%	28%	128%	339	6%
amaranth	0%	8%	21%	30%	0%	7%	0%	15%	42%	62%	19%	27%	371	5%
rye	0%	21%	15%	15%	0%	0%	0%	8%	15%	30%	25%	50%	335	4%
wild rice	0%	8%	24%	20%	0%	0%	0%	12%	11%	44%	40%	4%	357	4%
brown rice	0%	27%	5%	25%	0%	0%	0%	6%	8%	36%	13%	33%	370	3%
barley, pearled	0%	13%	6%	13%	0%	0%	0%	8%	14%	20%	14%	54%	352	3%
buckwheat	0%	7%	8%	10%	0%	0%	0%	13%	12%	58%	16%	12%	343	3%
white rice, medium grain	0%	5%	2%	7%	0%	0%	0%	2%	4%	9%	8%	22%	360	1%
yardlong beans	17%	7%	16%	1%	0%	11%	0%	7%	3%	11%	3%	3%	47	17%
soybean	4%	29%	43%	1%	0%	40%	0%	18%	20%	16%	7%	2%	147	11%
cowpeas	1%	49%	160%	16%	0%	2%	0%	39%	59%	80%	41%	19%	344	10%
lima beans	4%	14%	6%	10%	0%	10%	0%	13%	17%	14%	5%	3%	113	9%

Food	Omega 3													Antidepressant Food Score
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	
fava beans	7%	9%	17%	5%	0%	6%	0%	9%	9%	8%	7%	1%	28	9%
mothbeans	1%	17%	162%	18%	0%	7%	0%	14%	60%	95%	11%	12%	143	9%
white beans	0%	29%	97%	10%	0%	0%	0%	51%	59%	46%	24%	18%	143	9%
pinto beans	0%	48%	111%	24%	0%	11%	0%	40%	18%	44%	13%	40%	147	8%
pink beans	0%	51%	110%	20%	0%	0%	0%	42%	18%	40%	17%	19%	143	8%
great northern beans	0%	48%	121%	22%	0%	9%	0%	40%	30%	47%	13%	10%	139	8%
black turtle soup beans	0%	60%	111%	14%	0%	0%	0%	43%	48%	40%	15%	9%	139	8%
lentil	1%	58%	120%	27%	0%	7%	0%	27%	42%	31%	32%	12%	153	8%
yellow beans	0%	46%	97%	22%	0%	0%	0%	30%	19%	50%	19%	18%	145	8%
navy beans	0%	52%	91%	21%	0%	2%	0%	34%	21%	44%	24%	16%	137	8%
cranberry beans	0%	50%	111%	15%	0%	0%	0%	38%	23%	39%	24%	18%	139	8%
black beans	0%	68%	111%	14%	0%	0%	0%	42%	28%	43%	24%	5%	141	8%
mung beans	2%	41%	110%	19%	0%	8%	0%	35%	17%	47%	18%	12%	147	8%
kidney beans	0%	35%	98%	20%	0%	8%	0%	40%	46%	35%	19%	5%	133	8%
pigeon peas	1%	43%	114%	14%	0%	0%	0%	40%	29%	46%	18%	12%	143	7%
french beans	0%	36%	100%	10%	0%	8%	0%	38%	19%	47%	14%	14%	144	7%
hyacinth beans	0%	73%	0%	8%	0%	0%	0%	35%	29%	71%	61%	12%	144	7%
adzuki beans	0%	36%	156%	18%	0%	0%	0%	36%	18%	37%	34%	4%	129	7%
lupins	0%	43%	10%	18%	0%	8%	0%	20%	24%	40%	13%	12%	171	7%
chickpeas	1%	12%	194%	17%	0%	7%	0%	25%	19%	39%	24%	12%	164	7%
mungo beans	0%	18%	14%	14%	0%	0%	0%	28%	42%	67%	22%	12%	141	6%
winged beans	0%	69%	11%	9%	0%	0%	0%	28%	75%	49%	38%	12%	409	6%
peanuts	0%	43%	60%	17%	0%	0%	0%	20%	25%	42%	22%	10%	167	4%
goat	0%	7%	1%	NA	19%	0%	2%	11%	16%	NA	27%	13%	109	23%
emu	0%	18%	3%	32%	113%	0%	2%	9%	22%	6%	23%	44%	134	16%
caribou	0%	21%	1%	18%	105%	0%	10%	8%	26%	6%	27%	15%	127	15%
goose egg	13%	10%	19%	12%	85%	0%	55%	6%	20%	4%	9%	53%	185	13%
duck egg	13%	10%	20%	13%	90%	0%	10%	6%	21%	4%	9%	52%	185	11%
ostrich	0%	12%	2%	24%	77%	0%	6%	8%	16%	7%	23%	47%	165	11%
venison	0%	36%	1%	23%	31%	0%	10%	9%	16%	5%	28%	14%	157	9%
bison/buffalo	0%	9%	3%	19%	32%	0%	4%	9%	15%	5%	31%	29%	146	9%
quail egg	11%	9%	16%	8%	26%	0%	4%	4%	20%	3%	10%	46%	158	8%
turkey egg	11%	7%	18%	7%	28%	0%	8%	4%	23%	3%	11%	49%	171	8%
quail, meat & skin	5%	16%	2%	30%	7%	0%	46%	6%	22%	6%	16%	24%	192	8%
chicken egg	10%	5%	12%	7%	22%	0%	7%	4%	10%	3%	7%	45%	143	8%
elk	0%	8%	2%	17%	35%	0%	7%	9%	15%	5%	36%	11%	172	7%
beef, ground lean	0%	3%	1%	18%	37%	0%	4%	9%	12%	5%	32%	24%	176	7%
beef, grass fed	0%	3%	1%	18%	33%	0%	9%	8%	11%	5%	30%	20%	192	6%
chicken	0%	7%	0%	26%	9%	0%	10%	15%	5%	5%	10%	15%	143	6%
turkey	0%	4%	2%	18%	6%	0%	11%	7%	7%	5%	13%	27%	149	6%
pheasant, meat & skin	4%	5%	1%	33%	13%	0%	10%	7%	6%	5%	6%	22%	181	5%
lamb	0%	7%	5%	6%	39%	0%	42%	6%	9%	5%	23%	27%	282	5%
pork	0%	49%	1%	19%	12%	0%	7%	8%	5%	5%	15%	35%	263	5%
pigeon, meat & skin	5%	14%	1%	21%	7%	0%	10%	6%	20%	5%	15%	19%	294	3%
goose, meat & skin	1%	6%	1%	20%	6%	0%	21%	9%	14%	5%	11%	21%	371	3%
duck, domestic, meat & skin	3%	13%	3%	9%	4%	0%	39%	6%	13%	4%	9%	18%	404	2%
cocoa powder	0%	5%	8%	6%	0%	0%	0%	44%	77%	125%	45%	20%	228	11%
chestnut, european unpeele	1%	16%	16%	19%	0%	72%	0%	15%	6%	8%	3%	NA	213	10%

Food	Omega 3													Antidepressant Food Score
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	
ginkgo nut	11%	15%	14%	16%	0%	25%	0%	15%	6%	7%	2%	NA	182	10%
chia seeds	0%	100%	27%	NA	0%	27%	0%	5%	53%	83%	23%	NA	490	9%
hemp heart	0%	100%	27%	32%	0%	0%	0%	NA	67%	150%	67%	NA	566	9%
sunflower seeds	1%	99%	57%	67%	0%	2%	0%	18%	29%	81%	33%	76%	584	7%
flaxseed	0%	110%	22%	24%	0%	1%	0%	23%	32%	98%	29%	36%	534	6%
sesame seeds	0%	53%	24%	40%	0%	0%	0%	13%	81%	88%	52%	8%	573	5%
poppy seed	0%	57%	21%	12%	0%	2%	0%	21%	54%	87%	53%	19%	525	5%
pumpkin seed/ pepita	8%	14%	14%	11%	0%	3%	0%	23%	83%	134%	50%	8%	541	5%
pistachio nut	11%	58%	13%	85%	0%	8%	0%	29%	23%	30%	15%	10%	557	4%
brazilnut	0%	41%	5%	5%	0%	1%	0%	19%	13%	94%	27%	2739%	656	4%
cashew nut	0%	28%	6%	21%	0%	1%	0%	19%	37%	73%	39%	28%	553	4%
beechnut	0%	20%	28%	34%	0%	26%	0%	29%	14%	0%	2%	NA	576	4%
butternut	2%	26%	16%	28%	0%	5%	0%	12%	22%	59%	21%	25%	612	3%
hazelnut	0%	43%	28%	28%	0%	11%	0%	19%	26%	41%	16%	3%	628	3%
hickorynut	3%	58%	10%	10%	0%	3%	0%	12%	12%	43%	29%	12%	657	2%
almond	0%	14%	12%	7%	0%	0%	0%	20%	21%	67%	21%	4%	575	2%
pine nuts	1%	24%	8%	5%	0%	1%	0%	17%	31%	63%	43%	1%	673	2%
walnut	0%	23%	25%	27%	0%	2%	0%	13%	16%	40%	21%	7%	654	2%
macadamia nut	0%	80%	3%	14%	0%	2%	0%	11%	20%	33%	9%	5%	718	2%
pecan	1%	44%	5%	10%	0%	2%	0%	12%	14%	30%	30%	5%	691	2%
coconut, dried	0%	4%	2%	15%	0%	2%	0%	16%	18%	23%	13%	26%	660	2%
goose liver	620%	37%	185%	38%	900%	0%	1%	7%	170%	6%	20%	97%	133	38%
chicken liver	222%	20%	147%	43%	276%	0%	1%	7%	50%	5%	18%	78%	116	37%
duck liver	798%	37%	185%	38%	900%	0%	0%	7%	170%	6%	20%	96%	136	37%
pork liver	433%	19%	53%	34%	433%	0%	8%	8%	129%	5%	38%	75%	134	34%
chicken giblets	177%	6%	86%	21%	190%	0%	6%	7%	33%	5%	22%	79%	124	31%
turkey giblets	153%	5%	86%	22%	473%	0%	1%	9%	38%	5%	16%	203%	129	31%
lamb liver	492%	23%	58%	45%	1501%	0%	7%	9%	41%	5%	31%	118%	139	31%
lamb kidney	6%	41%	7%	11%	874%	0%	19%	8%	35%	4%	15%	181%	97	30%
beef kidney	28%	24%	25%	33%	458%	0%	1%	7%	26%	4%	13%	201%	103	29%
beef liver	338%	13%	72%	54%	988%	0%	1%	9%	27%	5%	27%	57%	135	29%
Calf liver	781%	12%	31%	48%	998%	0%	3%	9%	36%	5%	80%	32%	140	27%
pork kidney	4%	23%	10%	22%	142%	0%	1%	7%	27%	4%	18%	271%	100	26%
veal kidney	6%	21%	5%	18%	470%	0%	15%	8%	19%	4%	13%	114%	99	26%
beef spleen	0%	3%	1%	4%	95%	0%	0%	12%	248%	5%	14%	89%	105	26%
veal spleen	0%	3%	1%	6%	89%	0%	0%	10%	52%	4%	11%	88%	98	22%
turkey liver	1447%	10%	169%	73%	823%	0%	4%	7%	67%	4%	15%	101%	228	21%
pork spleen	0%	9%	1%	3%	54%	0%	0%	11%	124%	3%	17%	47%	100	20%
veal heart	0%	35%	0%	22%	229%	0%	9%	7%	24%	5%	10%	48%	110	20%
turkey heart	2%	14%	1%	22%	257%	0%	4%	8%	23%	5%	22%	51%	113	19%
lamb heart	0%	25%	0%	20%	171%	0%	23%	9%	26%	4%	12%	46%	122	18%
chicken heart	1%	10%	18%	18%	121%	0%	7%	5%	33%	4%	44%	6%	153	13%
lamb pancreas	0%	2%	3%	4%	100%	0%	19%	12%	13%	5%	13%	49%	152	12%
veal thymus	0%	5%	5%	2%	56%	0%	0%	14%	6%	6%	10%	23%	101	10%
pork pancreas	0%	7%	1%	23%	273%	0%	9%	6%	12%	4%	17%	58%	199	10%
oyster, eastern farmed	0%	7%	5%	3%	270%	0%	44%	4%	32%	8%	253%	91%	59	56%
clam	6%	5%	4%	3%	824%	0%	20%	9%	78%	2%	9%	35%	74	30%
mussels, blue	3%	11%	10%	3%	200%	0%	48%	9%	22%	8%	11%	64%	86	28%

Food	Omega 3												Antidepressant Food Score	
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se		Calories
octopus	3%	2%	4%	18%	333%	0%	16%	10%	29%	8%	11%	64%	82	27%
crab, blue	0%	5%	11%	8%	150%	0%	32%	9%	4%	8%	24%	53%	87	24%
bluefin tuna	44%	16%	0%	23%	157%	0%	130%	7%	6%	12%	4%	52%	144	21%
smelt	1%	1%	1%	8%	57%	0%	76%	8%	5%	8%	11%	52%	97	20%
fish roe	6%	16%	20%	8%	167%	0%	243%	6%	3%	5%	7%	58%	143	19%
bluefish	8%	4%	0%	20%	90%	0%	83%	11%	3%	8%	5%	52%	124	19%
wolffish	7%	12%	1%	20%	34%	0%	68%	9%	0%	8%	5%	52%	96	19%
pollock	1%	3%	1%	14%	53%	0%	44%	10%	3%	17%	3%	52%	92	18%
whale, beluga	7%	1%	1%	2%	43%	0%	2%	8%	144%	5%	18%	52%	111	18%
lobster, spiny	0%	0%	0%	8%	58%	0%	42%	5%	7%	10%	38%	66%	112	17%
rainbow trout, wild	1%	8%	3%	20%	74%	0%	81%	14%	4%	8%	7%	18%	119	17%
snail	2%	1%	1%	6%	8%	0%	22%	11%	19%	62%	7%	39%	90	16%
spot fish	2%	11%	1%	20%	50%	0%	77%	14%	2%	10%	3%	52%	123	16%
salmon, coho wild	2%	8%	2%	27%	70%	0%	147%	12%	3%	8%	3%	52%	146	16%
tilefish	1%	8%	4%	13%	37%	0%	50%	12%	1%	7%	2%	52%	96	16%
herring, atlantic	2%	6%	2%	15%	228%	0%	173%	9%	6%	8%	7%	52%	158	16%
snapper	2%	3%	1%	20%	50%	0%	38%	12%	1%	8%	2%	55%	100	16%
swordfish	2%	2%	0%	17%	29%	0%	83%	8%	5%	7%	8%	69%	121	16%
whelk	2%	2%	1%	17%	151%	0%	1%	10%	28%	21%	11%	64%	137	16%
rainbow trout, farmed	6%	14%	3%	31%	63%	0%	99%	13%	1%	8%	3%	18%	138	16%
tuna, skipjack	1%	2%	2%	43%	32%	0%	27%	12%	7%	8%	5%	52%	103	15%
lingcod	1%	2%	2%	15%	60%	0%	0%	12%	2%	6%	3%	52%	85	15%
shark	5%	3%	1%	20%	25%	0%	98%	5%	5%	12%	3%	52%	130	15%
halibut	3%	4%	3%	17%	20%	0%	52%	13%	5%	21%	3%	52%	110	15%
orange roughy	1%	2%	6%	3%	6%	0%	2%	5%	6%	4%	2%	95%	76	15%
anchovy	1%	4%	2%	7%	10%	0%	148%	11%	18%	10%	11%	52%	131	14%
sardines, canned in tomato s	3%	3%	6%	6%	150%	0%	169%	10%	13%	8%	9%	58%	186	14%
mackerel, atlantic	3%	12%	0%	20%	145%	0%	267%	9%	9%	19%	4%	63%	205	14%
shrimp	4%	2%	1%	5%	19%	0%	54%	5%	13%	9%	7%	54%	106	14%
grouper	3%	5%	2%	15%	10%	0%	27%	14%	5%	8%	3%	52%	92	13%
bass, fresh water	2%	5%	4%	6%	33%	0%	79%	10%	8%	8%	4%	18%	114	13%
dolphinfish	4%	1%	1%	20%	10%	0%	12%	12%	6%	8%	3%	52%	85	13%
whitefish	2%	9%	4%	15%	17%	0%	160%	9%	2%	8%	7%	18%	134	12%
abalone	0%	13%	1%	8%	12%	0%	9%	7%	18%	12%	5%	64%	105	12%
scallop	1%	1%	4%	8%	26%	0%	22%	9%	2%	14%	6%	32%	88	12%
ling fish	2%	7%	2%	15%	9%	0%	0%	11%	4%	16%	5%	52%	87	12%
pompano fish	2%	37%	2%	10%	22%	0%	77%	11%	3%	7%	5%	52%	164	12%
turbot fish	1%	4%	2%	10%	37%	0%	0%	7%	2%	13%	1%	52%	95	11%
burbot fish	0%	25%	0%	15%	13%	0%	19%	12%	5%	8%	5%	18%	90	11%
surimi fish	1%	1%	0%	1%	27%	0%	42%	3%	1%	11%	2%	40%	99	11%
eel	70%	10%	4%	3%	50%	0%	65%	8%	3%	5%	11%	9%	184	11%
salmon, atlantic farmed	1%	14%	6%	32%	54%	0%	251%	10%	2%	7%	2%	34%	208	10%
sablefish	6%	7%	4%	15%	25%	0%	166%	10%	7%	14%	2%	52%	195	10%
shad Fish	2%	10%	4%	20%	3%	0%	265%	11%	5%	8%	2%	52%	197	9%
yellowtail	2%	10%	1%	8%	22%	0%	20%	12%	3%	8%	3%	52%	146	8%
watercress	64%	6%	2%	6%	0%	72%	0%	9%	1%	5%	1%	1%	11	127%
romaine lettuce	174%	5%	34%	4%	0%	40%	0%	7%	5%	3%	2%	1%	17	99%
spinach	188%	5%	49%	10%	0%	47%	0%	16%	15%	20%	4%	1%	23	97%

Food	Omega 3													Antidepressant Food Score
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	
mustard greens	210%	5%	47%	9%	0%	117%	0%	10%	8%	8%	1%	1%	26	93%
green leaf lettuce	148%	5%	10%	4%	0%	30%	0%	6%	5%	3%	1%	1%	15	92%
swiss chard	122%	3%	3%	5%	0%	50%	0%	11%	10%	20%	2%	1%	19	90%
beet greens	127%	7%	4%	5%	0%	50%	0%	22%	14%	17%	3%	1%	22	84%
turnip greens	232%	5%	49%	13%	0%	100%	0%	8%	6%	8%	1%	2%	32	76%
cilantro	135%	4%	16%	7%	0%	45%	0%	15%	10%	6%	3%	1%	23	75%
red leaf lettuce	150%	4%	9%	5%	0%	6%	0%	5%	7%	3%	1%	2%	16	74%
chicory greens	114%	4%	27%	5%	0%	40%	0%	12%	5%	8%	3%	0%	23	74%
basil	106%	2%	17%	8%	0%	30%	0%	8%	18%	16%	5%	0%	23	74%
parsley	168%	6%	38%	4%	0%	222%	0%	16%	34%	12%	7%	0%	36	73%
collard greens	133%	4%	41%	8%	0%	59%	0%	5%	1%	2%	1%	2%	30	62%
bell pepper, green	7%	4%	2%	11%	0%	134%	0%	5%	2%	2%	1%	0%	20	56%
kale, scotch	62%	5%	7%	11%	0%	217%	0%	13%	17%	22%	2%	1%	42	48%
pumpkin	148%	3%	4%	3%	0%	15%	0%	10%	4%	3%	2%	0%	26	46%
dandelion greens	203%	13%	7%	13%	0%	58%	0%	11%	17%	9%	3%	1%	45	43%
jalapeno pepper	16%	10%	12%	25%	0%	74%	0%	6%	4%	5%	2%	0%	30	43%
green cauliflower	3%	5%	14%	11%	0%	147%	0%	9%	4%	5%	4%	1%	31	42%
kohlrabi	1%	3%	4%	8%	0%	103%	0%	10%	2%	5%	0%	1%	27	41%
cauliflower	0%	4%	14%	11%	0%	77%	0%	9%	2%	4%	2%	1%	25	41%
red cabbage	22%	4%	5%	10%	0%	95%	0%	7%	4%	4%	1%	1%	31	41%
broccoli	12%	5%	16%	9%	0%	149%	0%	9%	4%	5%	3%	4%	34	41%
serrano pepper	19%	4%	6%	25%	0%	75%	0%	9%	5%	5%	2%	1%	32	39%
brussels sprouts	15%	9%	15%	11%	0%	142%	0%	11%	8%	6%	3%	2%	43	35%
butternut squash	213%	7%	7%	8%	0%	35%	0%	10%	4%	8%	1%	1%	45	34%
carrots	334%	4%	5%	7%	0%	10%	0%	9%	2%	3%	2%	0%	41	29%
crimini mushroom	0%	6%	3%	6%	0%	0%	0%	13%	2%	2%	7%	37%	27	23%
celery	9%	1%	9%	4%	0%	5%	0%	7%	1%	3%	1%	1%	16	21%
alfalfa sprouts	3%	5%	9%	2%	0%	14%	0%	2%	5%	7%	6%	1%	23	20%
turnip	0%	3%	4%	4%	0%	35%	0%	5%	2%	3%	2%	1%	28	18%
spirulina, raw	1%	15%	2%	2%	0%	1%	0%	4%	15%	5%	1%	1%	26	15%
pepeao mushroom	0%	5%	5%	4%	0%	1%	0%	1%	3%	6%	4%	16%	25	15%
sweet potato	284%	5%	3%	10%	0%	4%	0%	10%	3%	6%	2%	1%	86	14%
beet	1%	2%	27%	3%	0%	8%	0%	9%	4%	6%	2%	1%	43	12%
palm heart	1%	3%	6%	41%	0%	13%	0%	52%	9%	2%	25%	1%	115	11%
garlic	0%	13%	1%	62%	0%	52%	0%	11%	9%	6%	8%	20%	149	10%
potato, white	0%	5%	5%	10%	0%	33%	0%	12%	3%	5%	2%	0%	69	9%
onion	0%	3%	5%	6%	0%	12%	0%	4%	1%	2%	1%	1%	40	7%
taro	2%	6%	5%	14%	0%	8%	0%	17%	3%	8%	2%	1%	112	5%

Legend: NA = data not available

FIGURE 1: FOOD RANKINGS BY ANTIDEPRESSANT FOOD SCORE PER CATEGORY

FRUITS

FOOD	ANTIDEPRESSANT FOOD-SCORE
pummelo	69%
acerola	34%
papaya	31%
lemon	31%
strawberry	31%
tomato	28%
orange, navel	22%
guava	19%
currant, black	19%
lime	18%
kiwi	18%
lychee	15%
blackberry	13%
raspberry	11%
watermelon	10%
persimmon	8%
banana	6%
blueberry	4%
apple	3%
pear	3%

LEGUMES

FOOD	ANTIDEPRESSANT FOOD-SCORE
yardlong beans	17%
soybean	11%
cowpeas	10%
lima beans	9%
fava beans	9%
mothbeans	9%
white beans	9%
pinto beans	8%
pink beans	8%
great northern beans	8%
black turtle soup beans	8%
lentil	8%
yellow beans	8%
navy beans	8%
cranberry beans	8%
black beans	8%
mung beans	8%
kidney beans	8%
pigeon peas	7%
french beans	7%
hyacinth beans	7%
adzuki beans	7%
lupins	7%
chickpeas	7%
mungo beans	6%
winged beans	6%
peanuts	4%

DAIRY

FOOD	ANTIDEPRESSANT FOOD-SCORE
yogurt, plain whole milk	4%
gjetost cheese	4%
swiss cheese	4%
roquefort cheese	4%
brie cheese	4%
gouda cheese	3%
gruyere cheese	3%
blue cheese	3%
parmesan cheese	3%
cream, heavy whipping	2%
goat cheese (soft)	2%
goat cheese (hard)	2%
butter	1%

SEAFOOD

FOOD	ANTIDEPRESSANT FOOD-SCORE
oyster, eastern farmed	56%
clam	30%
mussels, blue	28%
octopus	27%
crab, blue	24%
bluefin tuna	21%
smelt	20%
fish roe	19%
bluefish	19%
wolffish	19%
pollock	18%
whale, beluga	18%
lobster, spiny	17%
rainbow trout, wild	17%
snail	16%
spot fish	16%
salmon, coho wild	16%
tilefish	16%
herring, atlantic	16%
snapper	16%
swordfish	16%
whelk	16%
rainbow trout, farmed	16%
tuna, skipjack	15%
lingcod	15%
shark	15%
halibut	15%
orange roughy	15%
anchovy	14%
sardines, canned in tomato sauce, drained	14%
mackerel, atlantic	14%
shrimp	14%
grouper	13%
bass, fresh water	13%
dolphinfish	13%
whitefish	12%
abalone	12%
scallop	12%
ling fish	12%
pompano fish	12%
turbot fish	11%
burbot fish	11%
surimi fish	11%
eel	11%
salmon, atlantic farmed	10%
sablefish	10%
shad fish	9%
yellowtail	8%

VEGETABLES

FOOD	ANTIDEPRESSANT FOOD-SCORE
watercress	127%
romaine lettuce	99%
spinach	97%
mustard greens	93%
green leaf lettuce	92%
swiss chard	90%
beet greens	84%
turnip greens	76%
cilantro	75%
red leaf lettuce	74%
chicory greens	74%
basil	74%
parsley	73%
collard greens	62%
bell pepper green	56%
kale, scotch	48%
pumpkin	46%
dandelion greens	43%
jalapeño pepper	43%
green cauliflower	42%
kohlrabi	41%
cauliflower	41%
red cabbage	41%
broccoli	41%
serrano pepper	39%
brussels sprouts	35%
butternut squash	34%
carrots	29%
cremini mushroom	23%
celery	21%
alfalfa sprouts	20%
turnip	18%
spirulina,raw	15%
pepeao mushroom	15%
sweet potato	14%
beet	12%
palm heart	11%
garlic	10%
potato, white	9%
onion	7%
taro	5%

MEATS

FOOD	ANTIDEPRESSANT FOOD-SCORE
goat	23%
emu	16%
caribou	15%
goose egg	13%
duck egg	11%
ostrich	11%
venison	9%
bison/buffalo	9%
quail egg	8%
turkey egg	8%
quail, meat & skin	8%
chicken egg	8%
elk	7%
beef, ground lean	7%
beef, grass fed	6%
chicken	6%
turkey	6%
pheasant, meat & skin	5%
lamb	5%
pork	5%
pigeon, meat & skin	3%
goose, meat & skin	3%
duck, domestic, meat & skin	2%

NUTS & SEEDS

FOOD	ANTIDEPRESSANT FOOD-SCORE
cocoa powder	11%
chestnut, european	10%
ginkgo nut	10%
chia seeds	9%
hemp heart	9%
sunflower seeds	7%
flaxseed	6%
sesame seeds	5%
poppy seed	5%
pumpkin seed/pepita	5%
pistachio nut	4%
brazilnut	4%
cashew nut	4%
beechnut	4%
butternut	3%
hazelnut	3%
hickorynut	2%
almond	2%
pine nuts	2%
walnut	2%
macadamia nut	2%
pecan	2%
coconut, dried	2%

ORGAN MEATS

FOOD	ANTIDEPRESSANT FOOD-SCORE
goose liver	38%
chicken liver	37%
duck liver	37%
pork liver	34%
chicken giblets	31%
turkey giblets	31%
lamb liver	31%
lamb kidney	30%
beef kidney	29%
beef liver	29%
calf liver	27%
pork kidney	26%
veal kidney	26%
beef spleen	26%
veal spleen	22%
turkey liver	21%
pork spleen	20%
veal heart	20%
turkey heart	19%
lamb heart	18%
chicken heart	13%
lamb pancreas	12%
veal thymus	10%
pork pancreas	10%

GRAINS

FOOD	ANTIDEPRESSANT FOOD-SCORE
kamut	11%
teff	9%
corn, sweet yellow	6%
wheat, durum	6%
amaranth	5%
rye	4%
wild rice	4%
brown rice	3%
barley, pearled	3%
buckwheat	3%
white rice, medium grain	1%

Table 3: Foods, Nutrient Content, and Antidepressant Food Score

Food	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	Omega 3 (%DV)	K	Fe	Mg	Zn	Se	Calories	Antidepressant Food Score
yogurt, plain whole milk	2%	2%	2%	2%	6%	0%	3%	4%	0%	4%	4%	3%	61	4%
gjetost cheese	22%	21%	1%	14%	40%	0%	43%	40%	3%	17%	8%	21%	466	4%
swiss cheese	17%	4%	1%	4%	56%	0%	35%	2%	1%	10%	29%	26%	380	4%
roquefort cheese	21%	3%	12%	6%	11%	0%	70%	3%	3%	8%	14%	21%	369	4%
brie cheese	12%	5%	16%	12%	28%	0%	31%	4%	3%	5%	16%	21%	334	4%
gouda cheese	11%	2%	5%	4%	26%	0%	39%	3%	1%	7%	26%	21%	356	3%
gruyere cheese	19%	4%	2%	4%	27%	0%	43%	2%	1%	9%	26%	21%	413	3%
blue cheese	15%	2%	9%	8%	20%	0%	26%	7%	2%	6%	18%	21%	353	3%
parmesan cheese	8%	3%	2%	5%	20%	0%	30%	3%	5%	11%	18%	32%	392	3%
cream, heavy whipping	29%	1%	1%	1%	3%	0%	54%	2%	0%	2%	2%	1%	345	2%
goat cheese (soft)	21%	5%	3%	13%	3%	0%	0%	1%	11%	4%	6%	4%	268	2%
goat cheese (hard)	35%	9%	1%	4%	2%	0%	0%	1%	10%	14%	11%	8%	452	2%
butter	50%	0%	1%	0%	3%	0%	32%	1%	0%	0%	1%	1%	717	1%
pummelo	0%	2%	NA	2%	0%	102%	0%	6%	1%	1%	1%	NA	38	69%
acerola	15%	1%	3%	0%	0%	2796%	0%	4%	1%	5%	1%	1%	32	34%
papaya	22%	2%	10%	1%	0%	103%	0%	7%	1%	2%	0%	1%	39	31%
lemon	0%	3%	3%	4%	0%	88%	0%	4%	3%	2%	0%	1%	29	31%
strawberry	0%	2%	6%	2%	0%	98%	0%	4%	2%	3%	1%	1%	32	31%
tomato	17%	2%	4%	4%	0%	21%	0%	7%	1%	3%	1%	0%	18	28%
orange, navel	5%	5%	8%	4%	0%	99%	0%	5%	1%	3%	1%	0%	49	22%
guava	12%	4%	12%	6%	0%	381%	0%	12%	1%	5%	2%	1%	68	19%
currant, black	5%	3%	2%	3%	0%	302%	0%	9%	9%	6%	2%	1%	63	19%
lime	1%	2%	2%	2%	0%	48%	0%	3%	3%	1%	1%	1%	30	18%
kiwi	2%	2%	6%	3%	0%	155%	0%	9%	2%	4%	1%	0%	61	18%
lychee	0%	1%	3%	5%	0%	119%	0%	5%	2%	2%	0%	1%	66	15%
blackberry	4%	1%	6%	1%	0%	35%	0%	5%	3%	5%	4%	1%	43	13%
raspberry	1%	2%	5%	3%	0%	44%	0%	4%	4%	5%	3%	0%	52	11%
watermelon	11%	2%	1%	2%	0%	13%	0%	3%	1%	2%	1%	1%	30	10%
persimmon	33%	2%	2%	5%	0%	13%	0%	5%	1%	2%	1%	1%	70	8%
banana	1%	2%	5%	18%	0%	15%	0%	10%	1%	7%	1%	1%	89	6%
blueberry	1%	2%	1%	3%	0%	16%	0%	2%	2%	1%	1%	0%	57	4%
apple	1%	1%	1%	2%	0%	8%	0%	3%	1%	1%	0%	0%	52	3%
pear	0%	1%	2%	1%	0%	7%	0%	3%	1%	2%	1%	0%	58	3%
kamut	0%	39%	NA	13%	0%	NA	0%	13%	25%	34%	25%	99%	337	11%
teff	0%	26%	NA	24%	0%	NA	0%	12%	42%	46%	24%	6%	367	9%
corn, sweet yellow	4%	13%	11%	3%	0%	11%	0%	8%	3%	9%	3%	1%	86	6%
wheat, durum	0%	28%	11%	21%	0%	0%	0%	12%	20%	36%	28%	128%	339	6%
amaranth	0%	8%	21%	30%	0%	7%	0%	15%	42%	62%	19%	27%	371	5%
rye	0%	21%	15%	15%	0%	0%	0%	8%	15%	30%	25%	50%	335	4%
wild rice	0%	8%	24%	20%	0%	0%	0%	12%	11%	44%	40%	4%	357	4%
brown rice	0%	27%	5%	25%	0%	0%	0%	6%	8%	36%	13%	33%	370	3%
barley, pearled	0%	13%	6%	13%	0%	0%	0%	8%	14%	20%	14%	54%	352	3%
buckwheat	0%	7%	8%	10%	0%	0%	0%	13%	12%	58%	16%	12%	343	3%
white rice, medium grain	0%	5%	2%	7%	0%	0%	0%	2%	4%	9%	8%	22%	360	1%
yardlong beans	17%	7%	16%	1%	0%	11%	0%	7%	3%	11%	3%	3%	47	17%
soybean	4%	29%	43%	1%	0%	40%	0%	10%	20%	16%	7%	2%	147	11%
cowpeas	1%	49%	160%	16%	0%	2%	0%	30%	59%	80%	41%	10%	344	10%
lima beans	4%	14%	6%	10%	0%	10%	0%	10%	17%	14%	5%	3%	113	9%

Food	Omega 3													Antidepressant Food Score
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	
fava beans	7%	9%	17%	5%	0%	6%	0%	9%	9%	8%	7%	1%	28	9%
mothbeans	1%	17%	162%	18%	0%	7%	0%	14%	60%	95%	11%	12%	143	9%
white beans	0%	29%	97%	10%	0%	0%	0%	51%	59%	46%	24%	18%	143	9%
pinto beans	0%	48%	111%	24%	0%	11%	0%	40%	18%	44%	13%	40%	147	8%
pink beans	0%	51%	110%	20%	0%	0%	0%	42%	18%	40%	17%	19%	143	8%
great northern beans	0%	48%	121%	22%	0%	9%	0%	40%	30%	47%	13%	10%	139	8%
black turtle soup beans	0%	60%	111%	14%	0%	0%	0%	43%	48%	40%	15%	9%	139	8%
lentil	1%	58%	120%	27%	0%	7%	0%	27%	43%	31%	32%	12%	153	8%
yellow beans	0%	46%	97%	22%	0%	0%	0%	30%	19%	50%	19%	18%	145	8%
navy beans	0%	52%	91%	21%	0%	2%	0%	34%	31%	44%	24%	16%	137	8%
cranberry beans	0%	50%	111%	15%	0%	0%	0%	38%	23%	39%	24%	18%	139	8%
black beans	0%	68%	111%	14%	0%	0%	0%	42%	28%	43%	24%	5%	141	8%
mung beans	2%	41%	110%	19%	0%	8%	0%	35%	17%	47%	18%	12%	147	8%
kidney beans	0%	35%	98%	20%	0%	8%	0%	40%	46%	35%	19%	5%	133	8%
pigeon peas	1%	43%	114%	14%	0%	0%	0%	40%	29%	46%	18%	12%	143	7%
french beans	0%	36%	100%	10%	0%	8%	0%	38%	19%	47%	14%	14%	144	7%
hyacinth beans	0%	73%	0%	8%	0%	0%	0%	35%	29%	71%	61%	12%	144	7%
adzuki beans	0%	36%	156%	18%	0%	0%	0%	36%	18%	37%	34%	4%	129	7%
lupins	0%	43%	10%	18%	0%	8%	0%	20%	24%	40%	13%	12%	171	7%
chickpeas	1%	12%	194%	17%	0%	7%	0%	25%	19%	39%	24%	12%	164	7%
mungo beans	0%	18%	14%	14%	0%	0%	0%	28%	42%	67%	22%	12%	141	6%
winged beans	0%	69%	11%	9%	0%	0%	0%	28%	75%	49%	38%	12%	409	6%
peanuts	0%	43%	60%	17%	0%	0%	0%	20%	25%	42%	22%	10%	167	4%
goat	0%	7%	1%	NA	19%	0%	2%	11%	16%	NA	27%	13%	109	23%
emu	0%	18%	3%	32%	113%	0%	2%	9%	22%	6%	23%	44%	134	16%
caribou	0%	21%	1%	18%	105%	0%	10%	8%	26%	6%	27%	15%	127	15%
goose egg	13%	10%	19%	12%	85%	0%	55%	6%	20%	4%	9%	53%	185	13%
duck egg	13%	10%	20%	13%	90%	0%	10%	6%	21%	4%	9%	52%	185	11%
ostrich	0%	12%	2%	24%	77%	0%	6%	8%	16%	7%	23%	47%	165	11%
venison	0%	36%	1%	23%	31%	0%	10%	9%	16%	5%	28%	14%	157	9%
bison/buffalo	0%	9%	3%	19%	32%	0%	4%	9%	15%	5%	31%	29%	146	9%
quail egg	11%	9%	16%	8%	26%	0%	4%	4%	20%	3%	10%	46%	158	8%
turkey egg	11%	7%	18%	7%	28%	0%	8%	4%	23%	3%	11%	49%	171	8%
quail, meat & skin	5%	16%	2%	30%	7%	0%	46%	6%	22%	6%	16%	24%	192	8%
chicken egg	10%	5%	12%	7%	22%	0%	7%	4%	10%	3%	7%	45%	143	8%
elk	0%	8%	2%	17%	35%	0%	7%	9%	15%	5%	36%	11%	172	7%
beef, ground lean	0%	3%	1%	18%	37%	0%	4%	9%	12%	5%	32%	24%	176	7%
beef, grass fed	0%	3%	1%	18%	33%	0%	9%	8%	11%	5%	30%	20%	192	6%
chicken	0%	7%	0%	26%	9%	0%	10%	15%	5%	5%	10%	15%	143	6%
turkey	0%	4%	2%	18%	6%	0%	11%	7%	7%	5%	13%	27%	149	6%
pheasant, meat & skin	4%	5%	1%	33%	13%	0%	10%	7%	6%	5%	6%	22%	181	5%
lamb	0%	7%	5%	6%	39%	0%	42%	6%	9%	5%	23%	27%	282	5%
pork	0%	49%	1%	19%	12%	0%	7%	8%	5%	5%	15%	35%	263	5%
pigeon, meat & skin	5%	14%	1%	21%	7%	0%	10%	6%	20%	5%	15%	19%	294	3%
goose, meat & skin	1%	6%	1%	20%	6%	0%	21%	9%	14%	5%	11%	21%	371	3%
duck, domestic, meat & skin	3%	13%	3%	9%	4%	0%	39%	6%	13%	4%	9%	18%	404	2%
cocoa powder	0%	5%	8%	6%	0%	0%	0%	44%	77%	125%	45%	20%	228	11%
chestnut, european unpeeled	1%	16%	16%	19%	0%	72%	0%	15%	6%	8%	3%	NA	213	10%

Food	Omega 3													Antidepressant Food Score
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	
ginkgo nut	11%	15%	14%	16%	0%	25%	0%	15%	6%	7%	2%	NA	182	10%
chia seeds	0%	100%	27%	NA	0%	27%	0%	5%	53%	83%	23%	NA	490	9%
hemp heart	0%	100%	27%	32%	0%	0%	0%	NA	67%	150%	67%	NA	566	9%
sunflower seeds	1%	99%	57%	67%	0%	2%	0%	18%	29%	81%	33%	76%	584	7%
flaxseed	0%	110%	22%	24%	0%	1%	0%	23%	32%	98%	29%	36%	534	6%
sesame seeds	0%	53%	24%	40%	0%	0%	0%	13%	81%	88%	52%	8%	573	5%
poppy seed	0%	57%	21%	12%	0%	2%	0%	21%	54%	87%	53%	19%	525	5%
pumpkin seed/ pepita	8%	14%	14%	11%	0%	3%	0%	23%	83%	134%	50%	8%	541	5%
pistachio nut	11%	58%	13%	85%	0%	8%	0%	29%	23%	30%	15%	10%	557	4%
brazilnut	0%	41%	5%	5%	0%	1%	0%	19%	13%	94%	27%	2739%	656	4%
cashew nut	0%	28%	6%	21%	0%	1%	0%	19%	37%	73%	39%	28%	553	4%
beechnut	0%	20%	28%	34%	0%	26%	0%	29%	14%	0%	2%	NA	576	4%
butternut	2%	26%	16%	28%	0%	5%	0%	12%	22%	59%	21%	25%	612	3%
hazelnut	0%	43%	28%	28%	0%	11%	0%	19%	26%	41%	16%	3%	628	3%
hickorynut	3%	58%	10%	10%	0%	3%	0%	12%	12%	43%	29%	12%	657	2%
almond	0%	14%	12%	7%	0%	0%	0%	20%	21%	67%	21%	4%	575	2%
pine nuts	1%	24%	8%	5%	0%	1%	0%	17%	31%	63%	43%	1%	673	2%
walnut	0%	23%	25%	27%	0%	2%	0%	13%	16%	40%	21%	7%	654	2%
macadamia nut	0%	80%	3%	14%	0%	2%	0%	11%	20%	33%	9%	5%	718	2%
pecan	1%	44%	5%	10%	0%	2%	0%	12%	14%	30%	30%	5%	691	2%
coconut, dried	0%	4%	2%	15%	0%	2%	0%	16%	18%	23%	13%	26%	660	2%
goose liver	620%	37%	185%	38%	900%	0%	1%	7%	170%	6%	20%	97%	133	38%
chicken liver	222%	20%	147%	43%	276%	0%	1%	7%	50%	5%	18%	78%	116	37%
duck liver	798%	37%	185%	38%	900%	0%	0%	7%	170%	6%	20%	96%	136	37%
pork liver	433%	19%	53%	34%	433%	0%	8%	8%	129%	5%	38%	75%	134	34%
chicken giblets	177%	6%	86%	21%	190%	0%	6%	7%	33%	5%	22%	79%	124	31%
turkey giblets	153%	5%	86%	22%	473%	0%	1%	9%	38%	5%	16%	203%	129	31%
lamb liver	492%	23%	58%	45%	1501%	0%	7%	9%	41%	5%	31%	118%	139	31%
lamb kidney	6%	41%	7%	11%	874%	0%	19%	8%	35%	4%	15%	181%	97	30%
beef kidney	28%	24%	25%	33%	458%	0%	1%	7%	26%	4%	13%	201%	103	29%
beef liver	338%	13%	72%	54%	988%	0%	1%	9%	27%	5%	27%	57%	135	29%
Calf liver	781%	12%	31%	48%	998%	0%	3%	9%	36%	5%	80%	32%	140	27%
pork kidney	4%	23%	10%	22%	142%	0%	1%	7%	27%	4%	18%	271%	100	26%
veal kidney	6%	21%	5%	18%	470%	0%	15%	8%	19%	4%	13%	114%	99	26%
beef spleen	0%	3%	1%	4%	95%	0%	0%	12%	248%	5%	14%	89%	105	26%
veal spleen	0%	3%	1%	6%	89%	0%	0%	10%	52%	4%	11%	88%	98	22%
turkey liver	1447%	10%	169%	73%	823%	0%	4%	7%	67%	4%	15%	101%	228	21%
pork spleen	0%	9%	1%	3%	54%	0%	0%	11%	124%	3%	17%	47%	100	20%
veal heart	0%	35%	0%	22%	229%	0%	9%	7%	24%	5%	10%	48%	110	20%
turkey heart	2%	14%	1%	22%	257%	0%	4%	8%	23%	5%	22%	51%	113	19%
lamb heart	0%	25%	0%	20%	171%	0%	23%	9%	26%	4%	12%	46%	122	18%
chicken heart	1%	10%	18%	18%	121%	0%	7%	5%	33%	4%	44%	6%	153	13%
lamb pancreas	0%	2%	3%	4%	100%	0%	19%	12%	13%	5%	13%	49%	152	12%
veal thymus	0%	5%	5%	2%	56%	0%	0%	14%	6%	6%	10%	23%	101	10%
pork pancreas	0%	7%	1%	23%	273%	0%	9%	6%	12%	4%	17%	58%	199	10%
oyster, eastern farmed	0%	7%	5%	3%	270%	0%	44%	4%	32%	8%	253%	91%	59	56%
clam	6%	5%	4%	3%	824%	0%	20%	9%	78%	2%	9%	35%	74	30%
mussels, blue	3%	11%	10%	3%	200%	0%	48%	9%	22%	8%	11%	64%	86	28%

Food	Omega 3												Antidepressant	
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	Food Score
octopus	3%	2%	4%	18%	333%	0%	16%	10%	29%	8%	11%	64%	82	27%
crab, blue	0%	5%	11%	8%	150%	0%	32%	9%	4%	8%	24%	53%	87	24%
bluefin tuna	44%	16%	0%	23%	157%	0%	130%	7%	6%	12%	4%	52%	144	21%
smelt	1%	1%	1%	8%	57%	0%	76%	8%	5%	8%	11%	52%	97	20%
fish roe	6%	16%	20%	8%	167%	0%	243%	6%	3%	5%	7%	58%	143	19%
bluefish	8%	4%	0%	20%	90%	0%	83%	11%	3%	8%	5%	52%	124	19%
wolffish	7%	12%	1%	20%	34%	0%	68%	9%	0%	8%	5%	52%	96	19%
pollock	1%	3%	1%	14%	53%	0%	44%	10%	3%	17%	3%	52%	92	18%
whale, beluga	7%	1%	1%	2%	43%	0%	2%	8%	144%	5%	18%	52%	111	18%
lobster, spiny	0%	0%	0%	8%	58%	0%	42%	5%	7%	10%	38%	66%	112	17%
rainbow trout, wild	1%	8%	3%	20%	74%	0%	81%	14%	4%	8%	7%	18%	119	17%
snail	2%	1%	1%	6%	8%	0%	22%	11%	19%	62%	7%	39%	90	16%
spot fish	2%	11%	1%	20%	50%	0%	77%	14%	2%	10%	3%	52%	123	16%
salmon, coho wild	2%	8%	2%	27%	70%	0%	147%	12%	3%	8%	3%	52%	146	16%
tilefish	1%	8%	4%	13%	37%	0%	50%	12%	1%	7%	2%	52%	96	16%
herring, atlantic	2%	6%	2%	15%	228%	0%	173%	9%	6%	8%	7%	52%	158	16%
snapper	2%	3%	1%	20%	50%	0%	38%	12%	1%	8%	2%	55%	100	16%
swordfish	2%	2%	0%	17%	29%	0%	83%	8%	5%	7%	8%	69%	121	16%
whelk	2%	2%	1%	17%	151%	0%	1%	10%	28%	21%	11%	64%	137	16%
rainbow trout, farmed	6%	14%	3%	31%	63%	0%	99%	13%	1%	8%	3%	18%	138	16%
tuna, skipjack	1%	2%	2%	43%	32%	0%	27%	12%	7%	8%	5%	52%	103	15%
lingcod	1%	2%	2%	15%	60%	0%	0%	12%	2%	6%	3%	52%	85	15%
shark	5%	3%	1%	20%	25%	0%	98%	5%	5%	12%	3%	52%	130	15%
halibut	3%	4%	3%	17%	20%	0%	52%	13%	5%	21%	3%	52%	110	15%
orange roughy	1%	2%	6%	3%	6%	0%	2%	5%	6%	4%	2%	95%	76	15%
anchovy	1%	4%	2%	7%	10%	0%	148%	11%	18%	10%	11%	52%	131	14%
sardines, canned in tomato s	3%	3%	6%	6%	150%	0%	169%	10%	13%	8%	9%	58%	186	14%
mackerel, atlantic	3%	12%	0%	20%	145%	0%	267%	9%	9%	19%	4%	63%	205	14%
shrimp	4%	2%	1%	5%	19%	0%	54%	5%	13%	9%	7%	54%	106	14%
grouper	3%	5%	2%	15%	10%	0%	27%	14%	5%	8%	3%	52%	92	13%
bass, fresh water	2%	5%	4%	6%	33%	0%	79%	10%	8%	8%	4%	18%	114	13%
dolphinfish	4%	1%	1%	20%	10%	0%	12%	12%	6%	8%	3%	52%	85	13%
whitefish	2%	9%	4%	15%	17%	0%	160%	9%	2%	8%	7%	18%	134	12%
abalone	0%	13%	1%	8%	12%	0%	9%	7%	18%	12%	5%	64%	105	12%
scallop	1%	1%	4%	8%	26%	0%	22%	9%	2%	14%	6%	32%	88	12%
ling fish	2%	7%	2%	15%	9%	0%	0%	11%	4%	16%	5%	52%	87	12%
pompano fish	2%	37%	2%	10%	22%	0%	77%	11%	3%	7%	5%	52%	164	12%
turbot fish	1%	4%	2%	10%	37%	0%	0%	7%	2%	13%	1%	52%	95	11%
burbot fish	0%	25%	0%	15%	13%	0%	19%	12%	5%	8%	5%	18%	90	11%
surimi fish	1%	1%	0%	1%	27%	0%	42%	3%	1%	11%	2%	40%	99	11%
eel	70%	10%	4%	3%	50%	0%	65%	8%	3%	5%	11%	9%	184	11%
salmon, atlantic farmed	1%	14%	6%	32%	54%	0%	251%	10%	2%	7%	2%	34%	208	10%
sablefish	6%	7%	4%	15%	25%	0%	166%	10%	7%	14%	2%	52%	195	10%
shad Fish	2%	10%	4%	20%	3%	0%	265%	11%	5%	8%	2%	52%	197	9%
yellowtail	2%	10%	1%	8%	22%	0%	20%	12%	3%	8%	3%	52%	146	8%
watercress	64%	6%	2%	6%	0%	72%	0%	9%	1%	5%	1%	1%	11	127%
romaine lettuce	174%	5%	34%	4%	0%	40%	0%	7%	5%	3%	2%	1%	17	99%
spinach	188%	5%	49%	10%	0%	47%	0%	16%	15%	20%	4%	1%	23	97%

Food	Omega 3													Antidepressant Food Score
	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	(%DV)	K	Fe	Mg	Zn	Se	Calories	
mustard greens	210%	5%	47%	9%	0%	117%	0%	10%	8%	8%	1%	1%	26	93%
green leaf lettuce	148%	5%	10%	4%	0%	30%	0%	6%	5%	3%	1%	1%	15	92%
swiss chard	122%	3%	3%	5%	0%	50%	0%	11%	10%	20%	2%	1%	19	90%
beet greens	127%	7%	4%	5%	0%	50%	0%	22%	14%	17%	3%	1%	22	84%
turnip greens	232%	5%	49%	13%	0%	100%	0%	8%	6%	8%	1%	2%	32	76%
cilantro	135%	4%	16%	7%	0%	45%	0%	15%	10%	6%	3%	1%	23	75%
red leaf lettuce	150%	4%	9%	5%	0%	6%	0%	5%	7%	3%	1%	2%	16	74%
chicory greens	114%	4%	27%	5%	0%	40%	0%	12%	5%	8%	3%	0%	23	74%
basil	106%	2%	17%	8%	0%	30%	0%	8%	18%	16%	5%	0%	23	74%
parsley	168%	6%	38%	4%	0%	222%	0%	16%	34%	12%	7%	0%	36	73%
collard greens	133%	4%	41%	8%	0%	59%	0%	5%	1%	2%	1%	2%	30	62%
bell pepper, green	7%	4%	2%	11%	0%	134%	0%	5%	2%	2%	1%	0%	20	56%
kale, scotch	62%	5%	7%	11%	0%	217%	0%	13%	17%	22%	2%	1%	42	48%
pumpkin	148%	3%	4%	3%	0%	15%	0%	10%	4%	3%	2%	0%	26	46%
dandelion greens	203%	13%	7%	13%	0%	58%	0%	11%	17%	9%	3%	1%	45	43%
jalapeno pepper	16%	10%	12%	25%	0%	74%	0%	6%	4%	5%	2%	0%	30	43%
green cauliflower	3%	5%	14%	11%	0%	147%	0%	9%	4%	5%	4%	1%	31	42%
kohlrabi	1%	3%	4%	8%	0%	103%	0%	10%	2%	5%	0%	1%	27	41%
cauliflower	0%	4%	14%	11%	0%	77%	0%	9%	2%	4%	2%	1%	25	41%
red cabbage	22%	4%	5%	10%	0%	95%	0%	7%	4%	4%	1%	1%	31	41%
broccoli	12%	5%	16%	9%	0%	149%	0%	9%	4%	5%	3%	4%	34	41%
serrano pepper	19%	4%	6%	25%	0%	75%	0%	9%	5%	5%	2%	1%	32	39%
brussels sprouts	15%	9%	15%	11%	0%	142%	0%	11%	8%	6%	3%	2%	43	35%
butternut squash	213%	7%	7%	8%	0%	35%	0%	10%	4%	8%	1%	1%	45	34%
carrots	334%	4%	5%	7%	0%	10%	0%	9%	2%	3%	2%	0%	41	29%
crimini mushroom	0%	6%	3%	6%	0%	0%	0%	13%	2%	2%	7%	37%	27	23%
celery	9%	1%	9%	4%	0%	5%	0%	7%	1%	3%	1%	1%	16	21%
alfalfa sprouts	3%	5%	9%	2%	0%	14%	0%	2%	5%	7%	6%	1%	23	20%
turnip	0%	3%	4%	4%	0%	35%	0%	5%	2%	3%	2%	1%	28	18%
spirulina, raw	1%	15%	2%	2%	0%	1%	0%	4%	15%	5%	1%	1%	26	15%
pepeao mushroom	0%	5%	5%	4%	0%	1%	0%	1%	3%	6%	4%	16%	25	15%
sweet potato	284%	5%	3%	10%	0%	4%	0%	10%	3%	6%	2%	1%	86	14%
beet	1%	2%	27%	3%	0%	8%	0%	9%	4%	6%	2%	1%	43	12%
palm heart	1%	3%	6%	41%	0%	13%	0%	52%	9%	2%	25%	1%	115	11%
garlic	0%	13%	1%	62%	0%	52%	0%	11%	9%	6%	8%	20%	149	10%
potato, white	0%	5%	5%	10%	0%	33%	0%	12%	3%	5%	2%	0%	69	9%
onion	0%	3%	5%	6%	0%	12%	0%	4%	1%	2%	1%	1%	40	7%
taro	2%	6%	5%	14%	0%	8%	0%	17%	3%	8%	2%	1%	112	5%

Legend: NA = data not available

Supplementary Table 1

Nutrient	# Relevant Search Results	Observational Level of Evidence	Experimental Level of Evidence	Total level of evidence
Vitamin A & carotenoids	112	2	2	4
Vitamin E	26	2	5	7
Vitamin K	4	5	5	10
Thiamine	16	3	1	4
Riboflavin	8	3	5	8
Folate	240	1	1	3
B6	101	1	2	3
B12	99	1	1	2
Niacin	15	5	3	8
Choline	119	5	1	6
Biotin	2	5	5	10
Vitamin C	45	2	2	4
Dietary Fiber	17	3	4	7
omega 3	290	1	1	2
Calcium	129	3	5	8
Chromium	2	5	5	10
Iodine	12	3	5	8
Potassium	88	3	2	5
Iron	42	3	2	5
Arsenic	3	5	5	10
Boron	1	5	5	10
Manganese	6	5	5	10
Nickel	0	5	5	10
Silicon	0	5	5	10
Vanadium	5	5	5	10
Sulfate	17	5	5	10
Fluoride	3	5	5	10
Molybdenum	1	5	5	10
Magnesium	84	2	2	4
Sodium	10	3	5	8
Zinc	75	1	1	2
Selenium	18	3	1	4
Phosphorus	25	4	5	9
Copper	13	3	5	8

Supplementary Table 2

Food	Vitamin A	Thiamine	Folate	B6	B12	Vitamin C	Omega 3	Potassium	Iron	Magnesium	Zinc	Selenium
Shad Fish						x						
orange roughy												x
Tuna		x		x				x				
Mackerel					x			x		x		
Anchovy						x		x		x		
Salmon				x		x		x		x		
Herring					x			x		x		
Sablefish						x				x		
Sardines						x						
Whitefish						x						
Bluefin Tuna	x					x				x		
Halibut						x		x		x		x
Rainbow Trout		x		x		x		x				
Shark						x				x		
burbot fish		x										
Bluefish						x						
Oysters					x	x			x		x	x
Bass						x						
tilefish								x				
yellowtail								x				
lingcod								x				
grouper								x				
Smelt Fish						x						
Blackfish	x											
Wolffish						x						
snapper								x				
Spot Fish						x		x				
mahi mahi								x				
Eel	x											
snail										x		
pollock										x		
ling fish										x		
scallops										x		
turbot fish										x		
abalone										x		x
surimi fish										x		
shrimp												
lobster											x	x
Swordfish						x						x
Pork		x		x				x				
veal thymus								x				
beef kidney	x			x	x							x
pork kidney												x
veal kidney		x			x						x	x
lamb kidney		x			x				x			x
Pompano fish		x										
Venison		x									x	
lamb pancreas								x				
Pork pancreas					x							
duck		x		x								
turkey				x								
boar		x										
emu		x		x					x	x	x	
antelope		x										
pheasant				x								
pigeon		x										
Whale (beluga)									x			
elk				x								x
bison												x
goat												x
quail				x								
goose				x				x				
chicken (ground)								x				
chicken breast				x								
beef				x								x
ostrich				x								x
buffalo				x								
caribou		x										x
Calf liver	x		x		x				x		x	
pork liver	x		x		x				x		x	x
turkey liver	x		x		x				x			x
caribou liver	x											
lamb liver	x		x	x	x						x	x
whale liver	x											
chicken liver	x			x	x				x			x

Duck liver	x	x	x	x	x				x			x
Goose Liver	x	x	x	x	x				x			x
beef liver	x	x	x		x							
turkey giblets	x		x		x				x			x
chicken giblets	x		x						x			x
Goose egg			x									
Duck egg			x									
Turkey egg			x									
Quail egg			x									
Fish Eggs (roe)			x		x		x		x	x		
chicken egg			x									
Chicken heart									x			x
Turkey heart					x							
Veal heart		x										
lamb heart		x										
Brie cheese			x									
Roquefort cheese			x									
gouda cheese												x
goat cheese (soft)	x											
goat cheese (hard)	x									x		
parmesan cheese										x		
gruyere cheese												x
blue cheese			x									
gjetost cheese		x						x				
swiss cheese												x
Cream	x											
yogurt (whole milk)												
Butter	x											
crab			x							x		x
mussels			x									
crayfish												
lamb												x
Clams					x					x		
Octopus					x					x		
Whelk										x		
veal spleen										x		x
beef spleen										x		x
pork spleen										x		
cocoa powder										x	x	x
pumpkin seeds (pepitas)										x	x	x
moth beans										x	x	
kidney beans									x	x		
Hyacinth beans		x	x						x		x	x
spirulina (seaweed)		x	x						x	x		
hemp heart												
chia seeds												
Flaxseed		x	x							x		x
sesame seeds		x	x	x						x	x	x
sunflower seeds		x	x									x
bechnut				x								
pine nuts		x	x							x		x
macadamia nuts		x	x									
Pistachio nuts		x	x									
walnut				x								x
ginko nuts				x								
hickorynuts		x	x									x
Poppy seeds		x	x							x	x	x
cowpeas		x	x							x	x	x
chestnuts		x	x	x								
navy beans		x	x							x		
great northern beans										x		
pigeon peas										x		
pink beans		x	x	x						x	x	
french beans										x		
Winged beans		x	x							x		x
black beans		x	x	x						x		
cranberry beans										x		
black turtle beans		x	x									
Yardlong beans		x	x							x	x	
fava beans										x		
soybeans		x	x							x	x	x
adzuki beans				x						x		x
lentils		x	x	x						x		x
pinto beans										x		x
black turtle soup beans										x	x	
mung beans										x		

