DRINKS

The average person needs at least eight glasses (2 liters) of water a day. Limit sodas, sugary drinks or drinks with a lot of caffeine, which can cause increased anxiety and blood pressure.

Water helps in many ways.

- Increased Energy
- Healthy Kidneys
- Headache Cure
- Better Exercise

FOOD

Eating fruits, vegetables, nuts, whole grains, beans and unsaturated fats (like olive oil) will help keep you healthy. They give you all the nutrients your body needs and may even help with depression.

Try these quick breakfast ideas if you are in a rush.

- Fruits & Nuts
- Peanut Butter on Whole Grain Bread
- Oatmeal
- Low-Sugar Yogurt

HIGH BLOOD PRESSURE AND HEALTHY EATING

1 in 3 American adults has high blood pressure. Only about half have their condition under control.

Control your blood pressure with DASH (Dietary Approaches to Stop Hypertension).*

- Eat High-Fiber Foods (Like Fruits & Vegetables)
- Drink More Water
- Eat Healthy for an Ideal Weight
- Eat Less Salt
- Limit Alcohol

* Based on Dietary Approaches to Stop Hypertension (DASH) Eating Plan

Integral Care offers wellness groups, exercise and nutrition programs for people interested in learning ways to lead a healthy life. Contact your caseworker for more information.
**FOLATE**

- Can lower your risk of depression
- Helps your body create red blood cells
- Keeps your hair, skin, nails, eyes and liver healthy

Try these foods to add folate to your diet.

- Fruits
- Nuts
- Leafy Green Vegetables (Like Spinach and Kale)
- Beans
- Whole Grains

**VITAMIN D**

- Builds healthy bones and teeth
- Can help prevent depression and heart disease
- Helps your body fight certain diseases

Try these tips and foods to add Vitamin D to your diet.

- 5-30 Minutes of Sun Each Week
- Vitamin D Supplement
- Vitamin D Fortified Foods (Like Whole Grain Cereal)
- Salmon and Tuna
- Milk

**OMEGA-3 FATTY ACIDS**

- Good for your mental and physical health
- Improves heart health and reduces inflammation
- Reduces your risk for certain kinds of cancer

Try these foods to add omega-3 fatty acids to your diet.

- Dark, Leafy Greens (Like Arugula and Spinach)
- Ground Flax or Flaxseed Oil
- Walnuts
- Oily Fish 2x Each Week (Like Salmon, Trout, Anchovies and Sardines)

*Based on Mental Health America’s “Healthy Diet: Eating with Mental Health in Mind” — www.MentalHealthAmerica.net*