
















Key Foods and Nutrients FOR BALANCED NERVES

	FOOD	NUTRIENTS	HOW THEY SUPPORT THE AUTONOMIC NERVOUS SYSTEM
	Eggs, especially the yolks	Choline, protein, riboflavin (B2), B12, folate (B9)	Choline helps form acetylcholine; amino acids and B vitamins support neurotransmitter synthesis and methylation.
	Red meat, such as beef	Protein, heme iron, zinc, B12, methionine	Iron and B12 support norepinephrine and epinephrine production, as well as mood-regulating serotonin and dopamine; methionine supports methylation and neurotransmitter balance.
	Fish, especially salmon, tuna, cod, and sardines	Protein, B12, niacin (B3), choline, magnesium, omega-3 fatty acids	Amino acids and cofactors support neurotransmitter synthesis; omega-3s help maintain the integrity of your gut barrier and reduce inflammation.
	Shellfish, think oysters, crab, and clams	Copper, zinc, heme iron, B12	These nutrients assist norepinephrine and dopamine synthesis, as well as antioxidant defense and methylation.
	Poultry, such as chicken and turkey	Protein, B6, niacin (B3)	Protein and B6 are essential for synthesis of epinephrine; B3 supports energy and stress resilience.
	Legumes, such as lentils, chickpeas, and beans	Protein, folate (B9), nonheme iron, magnesium, zinc, dietary fiber	Amino acids support the synthesis of neurotransmitters; folate and magnesium support methylation; fiber may aid gut-brain communication.
	Leafy greens, such as spinach, kale, and Swiss chard	Folate (B9), riboflavin (B2), magnesium	Folate and B2 support methylation; magnesium promotes relaxation and parasympathetic balance.
	Nuts, such as almonds and cashews, and seeds, such as pumpkin, sunflower, and sesame	Zinc, copper, magnesium	Zinc and copper are cofactors for neurotransmitter production; magnesium supports a sense of calm.
	Whole grains, such as brown rice, oats, and fortified cereals	Thiamine (B1), niacin (B3), B6, magnesium	Thiamine enables acetylcholine production; B vitamins and magnesium support methylation.
	Organ meats, such as liver and heart	Choline, copper, heme iron, B12, folate (B9)	These cofactors support sympathetic (iron, copper, B12) and parasympathetic (choline) neurotransmitter synthesis; folate and B12 assist methylation.
	Soy foods, such as tofu, edamame, and soy milk	Protein, choline, magnesium, copper	Plant-based protein and copper support neurotransmitter synthesis; magnesium helps regulate nerve signaling and autonomic balance.
	Dairy, such as milk, yogurt, and cheese	Protein, riboflavin (B2), B12	Protein and B vitamins provide building blocks and cofactors for neurotransmitter synthesis.
	Starchy vegetables, such as potatoes, yams, and winter squash	B6, complex carbohydrates, dietary fiber	B6 aids neurotransmitter synthesis; complex carbs promote serotonin balance; fiber protects the lining of the gut and may reduce inflammation.
	Cruciferous vegetables, such as broccoli and Brussels sprouts	Choline, folate (B9), magnesium	Choline supports acetylcholine synthesis; folate supports methylation; magnesium supports a sense of calm.
	Cocoa/dark chocolate	Magnesium, copper	These minerals facilitate neurotransmitter synthesis and promote relaxation.

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