May is Mental Health Awareness Month

By Caren Pinto, Communications and Media Relations Manager

May is Mental Health Awareness Month!

Bilingual RDN Ana Blanco at God’s Love We Deliver reminds us that what we eat can affect how we feel. She has some helpful nutrition tips when it comes to improving your mental health.

Conditions like depression, anxiety, and bipolar disorders affect your health like any other medical condition.

It’s important we take care of our mental health the same way we take care of our physical health!

Try foods like:

- Whole grains,
- seeds and nuts,
- colorful fruits and veggies,
- and lean proteins like fish and yogurt

Try eating less food made with added sugars or refined flours such as breads, baked goods, and cereals.

Watch Ana on our Instagram!

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Serving our AAPI Community at God’s Love We Deliver

Celebrating Asian & Pacific Islander Heritage Month with Sabrina Krebs, Bilingual RDN
We're honoring AAPI Month by looking closely at the nutrition and health challenges of AAPI folks in New York City.