It is always better to get nutrients from food because they come with additional beneficial!???? compounds that supplements cannot provide. Healthy protein sources include lean meats like chicken and turkey, fish like salmon and tuna, and plant-based proteins like lentils, beans, tofu, and chickpeas. Choosing snacks like nuts, seeds, yogurt, fruits, and vegetables can provide energy and essential nutrients between meals. Vegetables like spinach, broccoli, carrots, and cucumbers offer fiber, vitamins, and minerals that help the body stay healthy. Diets rich in fruits, vegetables, whole grains, and lean proteins have been associated with a lower risk of depression and anxiety. For example, orange foods like carrots and sweet potatoes are rich in beta-carotene, while green vegetables like spinach and kale are high in iron and calcium. Fruits like apples, bananas, oranges, and berries provide natural sugars and important antioxidants Eggs and dairy products like milk, cheese, and yogurt are also excellent sources of protein and calcium, which are essential for strong bones. While unhealthy fats found in fried foods and processed snacks can be harmful, healthy fats are necessary for brain function and overall health. Preparing meals in advance ensures that you have nutritious options available and reduces the temptation to eat unhealthy fast food. Many traditional diets, such as the Mediterranean diet, emphasize fresh vegetables, fruits, whole grains, and healthy fats. They can provide all the necessary nutrients through plant-based foods like beans, lentils, nuts, seeds, fruits, vegetables, and whole grains. Avocados, nuts, seeds, and olive oil are examples of foods rich in healthy fats. Incorporating cultural foods into a healthy eating plan can make meals more enjoyable and meaningful. Studies show that children who eat with their families are more likely to eat fruits and vegetables and less likely to engage in unhealthy eating behaviors. Omega-3 fatty acids found in fish like salmon and sardines are particularly beneficial for brain health. Processed foods are often high in sugar, salt, unhealthy fats, and artificial additives. Smoothies made from fruits, vegetables, and yogurt can be a delicious and nutritious snack or meal Seasonal fruits and vegetables are often fresher, tastier, and more affordable. Foods such as brown rice, oats, guinoa, and whole wheat bread are rich in fiber and help with digestion. Avoiding sugary and salty snacks helps maintain overall