

ModiMed Antidepressant Diet

Food Group	Recommended Servings	One Serving Equals
Whole grains	5–8 per day	Wheat bread: 1 slice Wheat pasta/rice: ½ cup Oats/muesli: ¼ cup Breakfast cereal: 2/3 cup
Vegetables	6 per day	Cooked: ½ cup Raw leafy green: 1 cup
Fruit	3 per day	Fresh: 1 medium or 2 small Canned: 1 cup Dried: 1½ tablespoons
Legumes (eg, beans and lentils)	3–4 per week	½ cup
Low-fat and unsweetened dairy foods	2–3 per day	Milk/yogurt: 1 cup Cheese: 1.4 ounces
Raw and unsalted nuts, olives	1 per day	Nuts/seeds/peanut butter: 1 ounce Olives: 3 ounces
Fish	2 per week	3½ ounces
Lean red meats	3–4 per week	2.3–3.5 ounces
Chicken	2–3 per week	2.8–3.5 ounces
Eggs	Up to 6 per week	1 egg
Extra virgin olive oil	3 per day	1 tablespoon
Sweets, refined cereals, fried food, fast food, processed meats, sugary drinks, sweet cocktails (called “extras”)	No more than 3 per week	Varies
Alcohol	No more than 1½ standard drinks per day	Red wine: 5 ounces = 1 standard drink

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