



The Link Between Food & Health





The Link Between Food and Health

- Understanding the importance of healthy eating
- The effects of fast food on the body
- Identify foods that supports the body
- The importance of water
- Work book provided



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- ‘All diseases begin in the gut.
- Poor digestion is the root of all evil’
- Hippocrates



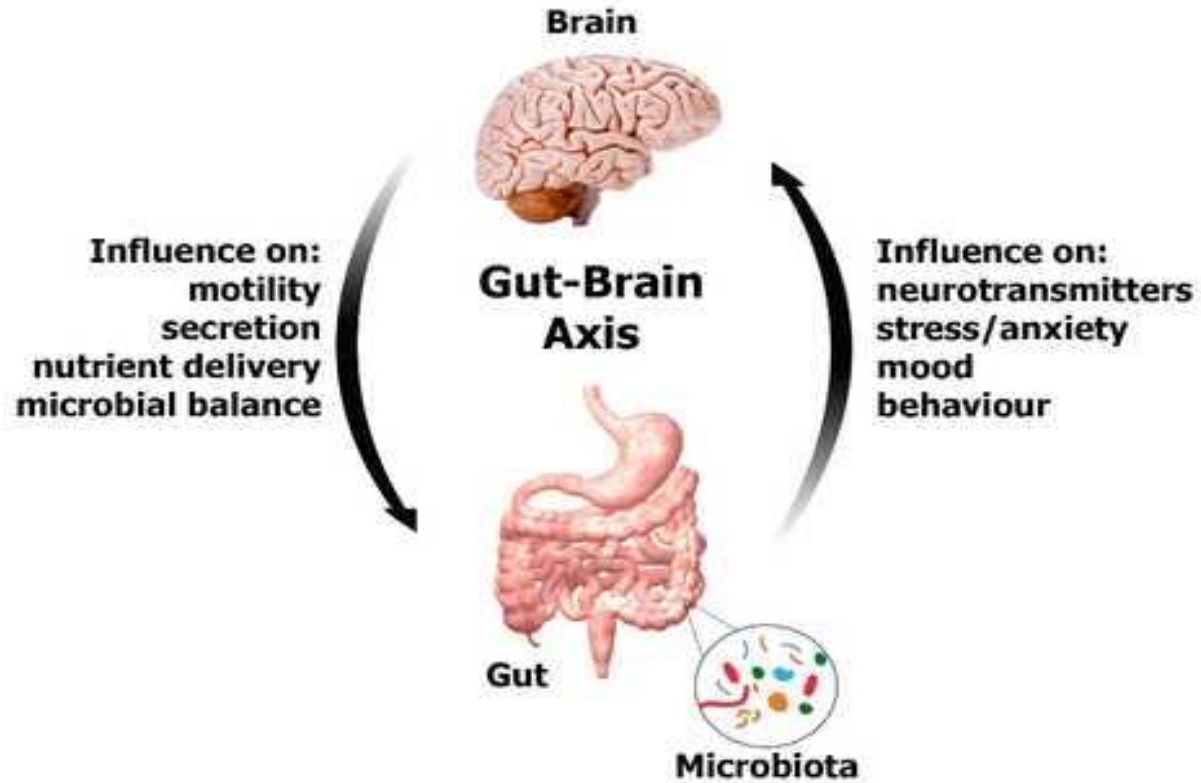
Nutrition and Mental Health

Research has proved there is a important link between nutrition and mental health.

A deficiency in certain nutrients may cause mental disorders as there is clear evidence in regards to anxiety and depression.

These nutrients include particular vitamins, minerals, amino acids, and omega 3 fatty acids. Most experts agree it is better to get these nutrients from food as opposed to supplements

The Gut and Brain Connection





Workbook

Exercise One

- What is processed food?

- **Exercise Two**

- List ten food considered to be processed (include foods that you eat)

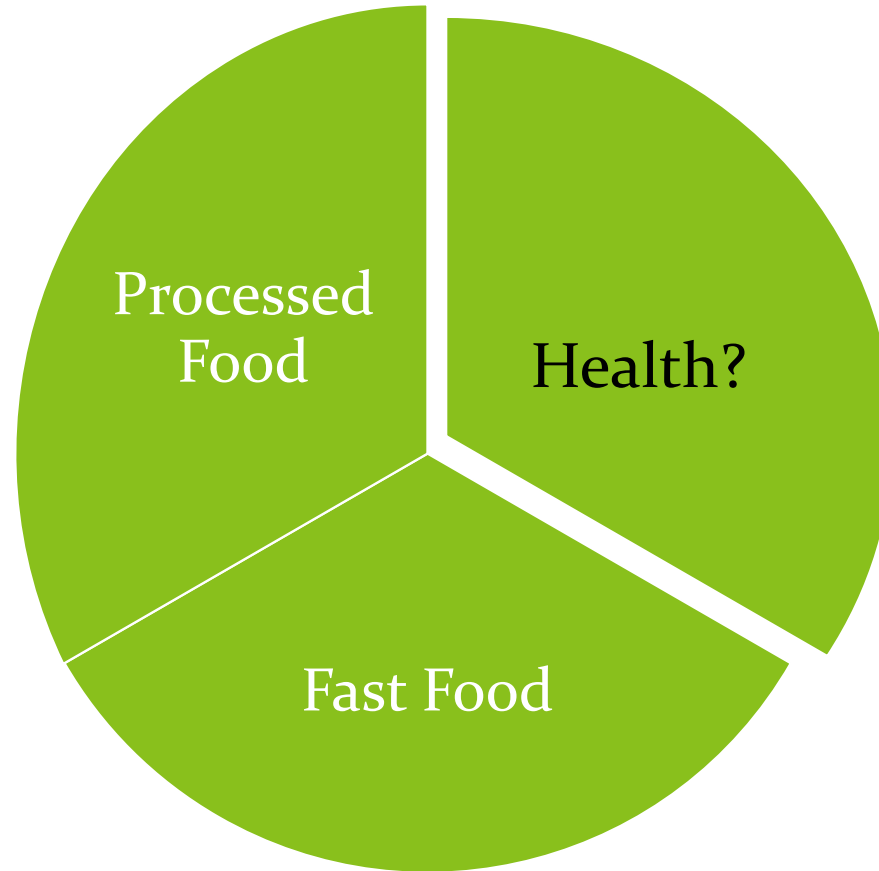


Workbook

- **Exercise three**
- How does processed food affect the body? Give one or two examples



Fast Food and Processed Food



www.nhs.uk



The effects of fast food on the body

- Fast foods often contain too many calories and too little nutritional value. If fast food is a regular component of your diet you might find yourself struggling with weight gain problems and ill health.



Processed Food

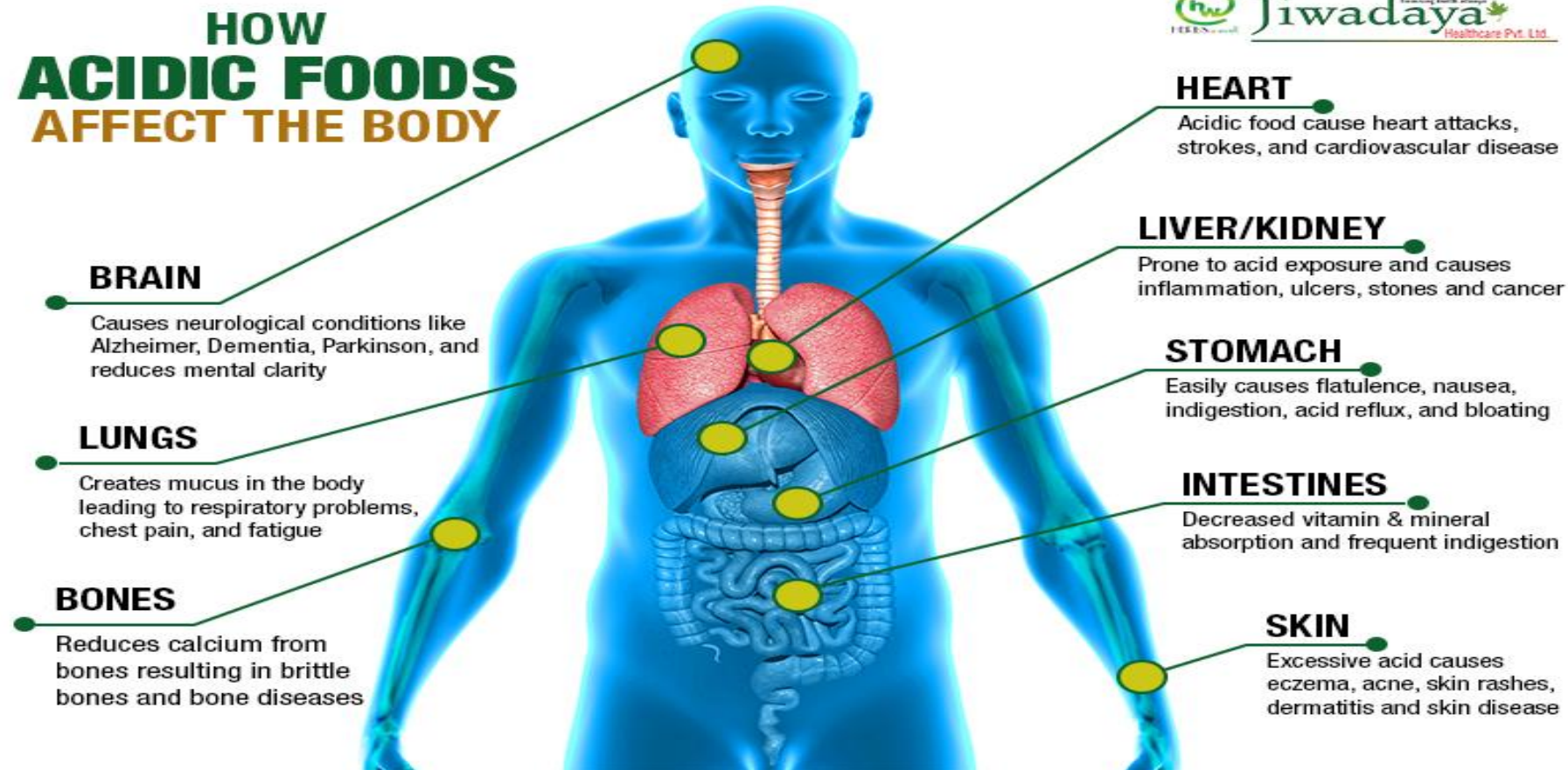
Pasta	Fizzy drinks	All meats	Crisps	Sugar
Diary	Nuts	Sweets	Beverage	Grains
Bread	Cakes	Tinned foods	Fish	White rice

(High in acidity)

How acidic foods affect the body

HOW ACIDIC FOODS AFFECT THE BODY

 **Jiwadaya**
Healthcare Pvt. Ltd.





The Impact of Sugar on our Mental Health

- Most of us know the harm of too much sugar on our physical health. It can cause obesity, widespread inflammation, and poor dental health and can lead to diabetes. However, few understand the significant impact of a high sugar diet on mental health. There is conclusive research on the negative impact it can have on mood, learning and even quality of life. More importantly, research shows that a diet filled with too many sweeteners, such as sugar, honey, maple syrup, high-fructose corn syrup and molasses can have a detrimental impact on mental well-being.

Depression



- The rapid fluctuation of blood sugar can worsen mood disorders. Research has shown that high sugar can lead to an increased risk of depression and even worse outcomes in patients with schizophrenia. Interestingly, countries with high sugar intake also have correspondingly high rates of depression.



Anxiety

Although sugar does not increase your risk of anxiety, it may make your symptoms worse and weaken the body's ability to respond to stress. By minimising sugar, you can lessen the severity of anxiety symptoms, improve mood and improve the body's ability to cope with stress.

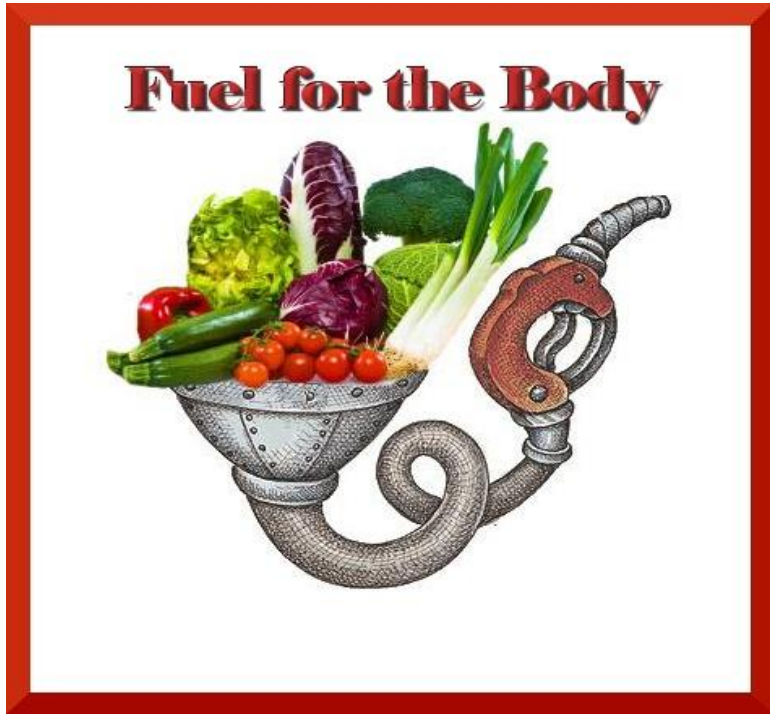




Why Healthy Eating is Important for Wellbeing

- Nutrients in food support activities in day to day living, protects your body from environmental damage. For example protein rebuilds damage tissues and promotes a healthy immune system. Both carbohydrate and fats fuels the body, while vitamins and minerals e.g. B vitamins help you extract energy from the food you eat, where as A,C & E vitamins acts as antioxidants to protect your cells from toxins. Calcium and phosphorus keep your bones strong so without these nutrients you might compromise the health of your body.

Food is fuel for your body



- It has a direct impact on how you feel as well as your overall health. Fast food is not necessarily bad but in many cases it is highly processed and contain large amounts of carbohydrates, added sugar, unhealthy fats and salt (sodium).



Workbook

- **Exercise four**
- List five benefits of drinking water?



Why water is important

- Your brain is mostly water, drinking it will help you in a number of ways, including: Improving concentration, helping to balance your mood and emotions.
- It is important to limit the consumption of caffeine, sugary drinks and alcohol as these liquids can cause dehydration in the body. If body does not have enough water it is taken from your bones, muscles, and most importantly your brain.

How Water affects the Body





- ‘Small dietary changes can make a difference.’



Workbook

- **Exercise five**
- Identify at least five foods which can promote good health.



Eating right for mental health

- Eating right for mental health can be simple. You want to eat more real, whole, natural foods and less processed and junk food. The general rule of thumb is to eat a wide variety of food the way it grows from the ground, on vines, bushes and trees. Fruit, nuts, and vegetables in their original, natural, form. Meat and poultry should be organic, free-range, and grass-fed whenever possible. Dairy products like milk, yogurt and cheese are also best from organic grass-fed animals. Meat, eggs and dairy products from grass-fed animals are higher in omega 3 fatty acids. Here are some of the most nutrient dense, readily available, foods for the best mental health

Foods to fight Anxiety, Depression and Stress



Plant based Omega 3





Depression, Stress and Anxiety

lemon	Spinach	Chickpeas	Chia seeds	Green tea
Oats	Asparagus	Blueberries	Pistachio	Camomile
Goji berries	Walnuts	Kale	Coconut water	Watermelon
Lentils	Almonds	Broccoli	Bananas	

NB: Herbal teas –Peppermint, Lavender, Thyme, Valerian



Bipolar Disorder

Dates	Raw Honey	Squash	Baby spinach	Radish
Potato	Sweet Potato	Asparagus	Broccoli	kale
Radish sprouts	Broccoli Sprouts	All berries (Lowers cortisol)	Walnuts (omega 3)	Bananas (magnesium, potassium)

NB. Magnesium-rich foods such as bananas, avocado, figs, leafy greens and also vitamins deficiencies in vitamins C, D and B. low levels of these vitamins can also be associated with mood disorder and Depression.

Cortisol – is a stress hormone



Workbook

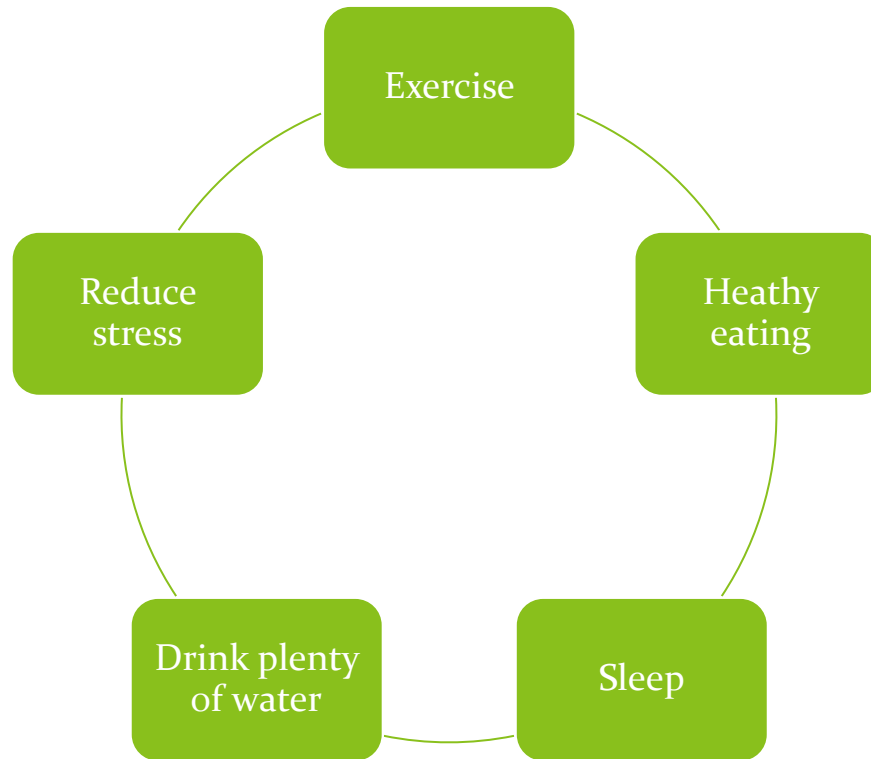
- **Exercise six**
- Write down three lifestyle changes you can make to become healthier?
- E.g. a good night sleep 7 to 9 hours.



Small changes big impact

- If you are not use to eating a healthy diet that promotes your well-being gradual changes can help you improve the way you eat.
- You can switch from full fat to low fat dairy products, whole grains instead of refined grains can lower your intake of unhealthy fats and increase you dietary fibres.
- Fresh fruits and vegetables contain less sodium than canned and snacking on fresh products such as carrots, apples cucumbers slices are healthier than the fats in chips.

Maintaining a health lifestyle



When we look after our physical health we feel better able to cope especially when you have a mental health condition.

www.sane.org



Break A Sweat

- Exercise for at least 30 minutes three to five times a week. Among its many benefits, exercise helps counteract acidity in our bodies and sweat gives acid another pathway out of the body. Plus, it helps to oxygenate and alkalize your blood.
- Stress contributes to acid build-up so find ways to de-stress. Meditation yoga, deep breathing and long walks are all great ways to de-stress and reduce acid levels.
- Keeping a food diary (provided in workbook)



Keeping a Food Diary/Journal

7-Day Food Diary

Week Starting _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snacks							
Lunch							
Snacks							
Dinner							
Snacks							
Physical Activity							
Fluid							

Create your own
food diary.



References

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- **The Food and Mood Solution.** By Jack Challem
- **Healthy eating and depression.** How diet may help protection your mental health.



References

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- www.nhs.uk
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Thank you. 🙏