



## MY CLUB AND NUTRITION

### My Club & Nutrition

The link between mental health and nutrition is an often overlooked one. Good nutrition can reduce the risks of developing a depressive disorder.

Studies have found that people who eat a diet of whole foods – fruits, vegetables, whole grains, and high-quality proteins – show a reduced risk of developing some types of mental health problems. Consuming foods high in selenium, calcium, and magnesium can help with memory and stress relief, while folic acid and other B vitamins can relieve depression and fatigue.

It's important to remember that while whole foods can reduce the chances of developing some types of mental health problems, a depressive disorder needs to be treated by a doctor. Good nutrition and exercise is only part of the whole.

### According to Eat, Drink Better ([eatdrinkbetter.com](http://eatdrinkbetter.com))

Your gut has its own nervous system which is directly linked to the brain and what we eat and drink affects our mental wellbeing.



Reduction in the risk for major depression and anxiety disorders who regularly consumed a whole diet consisting of vegetables, fruit, whole grains and quality meat and fish.



Increased likelihood of depression for those who regularly consumed a diet of processed foods and saturated fats



Higher likelihood of good functional health by eating two more servings of fruit and vegetables a day

## Food types and links to Mental Health

### Whole Grains (Complex Carbohydrates)

*Complex carbs: Release glucose slowly, helping us feel full longer and providing a steady source of fuel for the brain and body*

*Primary source of energy for the brain is glucose from carbohydrates*

*Release serotonin, a mood-boosting neurotransmitter*

*Selenium: A mineral that helps to reduce oxidative stress in the brain associated with some cases of mild to moderate depression in the elderly population*

### Lean Proteins

*Second most abundant substance in the body (behind carbs)*

*Amino acid tryptophan (building block of protein) can help boost mood and reduce irritability*

*Tyrosine and other amino acids may help relieve stress, promote tranquility or restfulness, and interact with serotonin in the brain to improve feelings of contentment*

### Wild Cold Water Fish

*High in omega-3 fatty acids, may reduce symptoms of depression, clinically defined mood swings such as postpartum depression, schizophrenia, and attention deficit hyperactivity disorder (ADHD)*

*Omega-3s have an effect on the production of neurotransmitters (brain chemicals responsible for moods) including dopamine and serotonin. Support synapses in the brain to boost learning and memory*

### Leafy Greens

*High in folic acid and other B vitamins, which can reduce symptoms of depression, fatigue, and insomnia*

*Also high in selenium (see above)*

### Dairy and Active Cultures

*Rich in calcium, vitamin D, whey protein, which help reduce fatigue, repair cell damage, stabilize mood, and promote feelings of well-being*

*Fermented foods with active cultures contain probiotic (healthy bacteria) which have shown in studies to reduce anxiety and stress hormones and effect the neurotransmitter GABA*

### Multi-vitamins

*Deficiencies can cause or aggravate many neurological problems and some mental illnesses*

*Magnesium and B-12 vitamins can be particularly helpful in reducing symptoms of depression*

### Chocolate

*Small amounts of dark chocolate can affect the levels of brain endorphins – feel-good chemicals produced by the body*

### Types of Whole Grains

Beans	Whole-grain bread
Brown/Wild rice	Whole-grain pasta
Bulgur	Soy
Oats	Quinoa

### Types of Lean Proteins

Beans	Fish
Chicken	Turkey
Eggs	

### Types of Wild Cold Water Fish

Herring	Seaweed
Mackerel	Trout
Salmon	Tuna
Sardines	

### Types of Leafy Greens

Beets	Romaine
Broccoli	Spinach
Lentils	Turnip
Mustard Greens	

### Types of Dairy

Milk	Cheese
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### Types of Active Cultures

Kefir	Tempeh
Kimchi	Yogurt*
Pickled Veggies*	*certain kinds