



The Impact of Nutrition on Mental Health

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Today....

The Status of Mental Health in the United States

The Status of Food Health in the United States

Nutrients FOR Mental Health

Nutrients AGAINST Mental Health

Sources - things you can do

Behavior change for improved Mental Health



Americans eat **31 percent more packaged food** than fresh food, and they consume more packaged food per person than their counterparts in nearly all other countries.

Roughly **60 percent of the calories** in the average American diet come from highly processed foods designed for convenience, but depleted of nutrients.

A 2022 study of over 10,000 adults in the US showed **the more processed foods participants ate, the more likely they were to report mild depression or feelings of anxiety.**

And another 2022 study that followed nearly 11,000 Brazilian adults over a decade found a **correlation between eating processed foods and worse cognitive function.**





Diets that are high in processed foods are typically low in fiber, which is mostly found in whole grains, fruits, vegetables, nuts and seeds.

Fiber helps feed the good bacteria in the gut. People with depression and other mental disorders have a less diverse composition of gut bacteria.



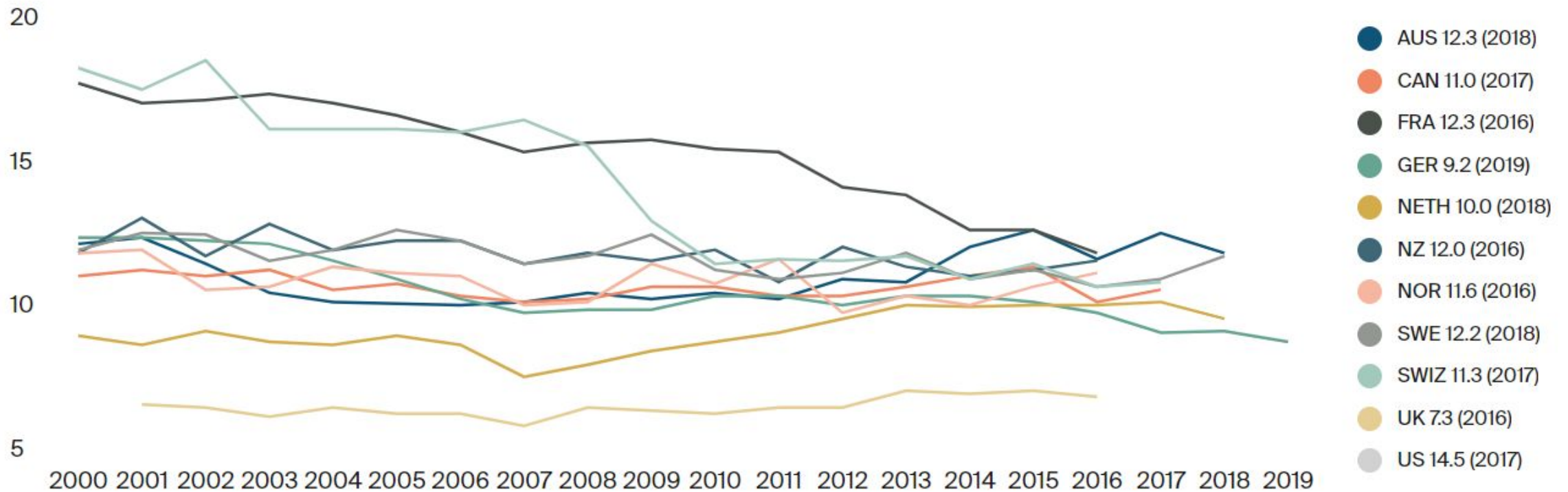
Does Mental Health Affect You?

The World Health Organization found that one in every four people in the world will be directly affected by a mental illness at some point in their lives.

Statistics such as these show that mental health undeniably, in one way or another, affects us all.

The U.S. had the highest suicide rate among the 11 high-income countries, a trend that has been worsening for nearly 20 years.

Suicide deaths per 100,000 (standardized rates), 2000–2019 (or nearest year)





Dietary Intake &
Nutritional Status
are Important
Factors Affecting
Mental Health



Nutrients FOR Mental Health

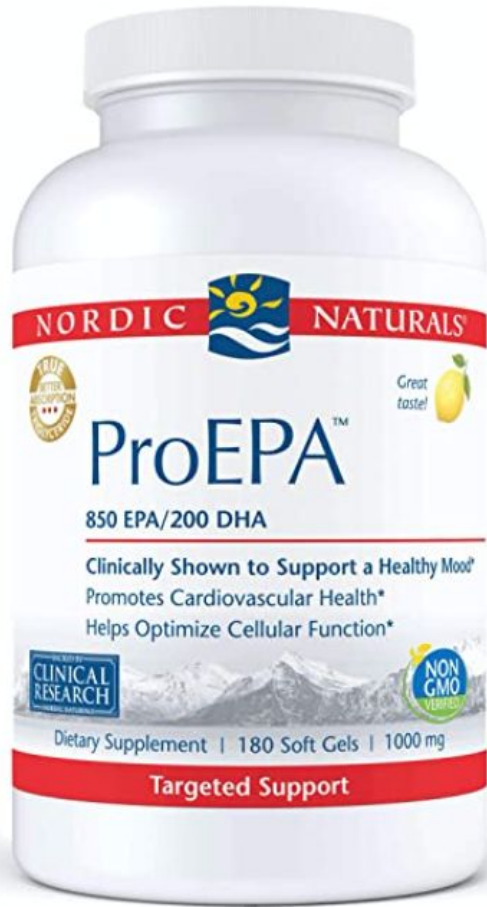
- Folate (Vitamin B9)
- Vitamin B6
- Vitamin B12
- Vitamin D
- Omega 3's – EPA & DHA



Omega 3 Fatty Acid

Studies have shown that Omega 3 may **reduce depression** and **improve memory** in those with cognitive decline.

EPA and DHA are the two primary omega-3's found in fish oil.



What exactly does this make your menu look like?

Omega 3's

Most government recommendations suggest consuming 2-3 servings of fatty fish per week.

Sources: Salmon, Tuna, Mackerel, Pollack, Sardines, Anchovies, Herring, Mackerel, Seaweed, Spirulina, Nori, and Chlorella, Flaxseed, Free-Range Eggs, Walnuts



What exactly does this make your menu look like?

Folate (to help reduce depression)

- Legumes
- Asparagus
- Eggs
- Leafy Greens
- Beets
- Citrus Fruits
- Brussels sprouts
- Broccoli
- Nuts & Seeds
- Beef liver
- Wheat germ
- Papaya
- Bananas
- Avocado



What exactly does this make your menu look like?

B6 to help reduce depression and dementia

- Chickpeas
- Beef liver
- Tuna
- Salmon
- Chicken breast
- Breakfast cereal, fortified
- Potatoes
- Turkey
- Banana
- Marinara sauce
- Ground beef
- Bulgar
- Cottage cheese
- Squash
- Rice
- Nuts



What exactly does this make your menu look like?

B12 to help reduce depression and anxiety

- Clams
- Fortified breakfast cereal
- Trout
- Salmon
- Canned tuna fish
- Fortified soy milk
- Beef
- Nonfat plain Greek yogurt
- Egg
- Roasted chicken breast



What exactly does this make
your menu look like?
**Vitamin D to help with brain
function and mood regulation**

- Rainbow trout
- Salmon
- Light tuna
- Herring
- Sardines
- Dairy
- Mushrooms
- Almond milk, unsweetened



Nutrients AGAINST Mental Health

- Dietary saturated fat
- SAD Diet - Western-style diet
- Saturated fat - baked goods, candies, pastries, chips
- Simple sugars can be addictive. Choose natural sugars versus added sugars.



The Mediterranean Diet

- Plant based foods
- Fruits & veggies – 7-10 servings
- Whole grains, pasta, beans, nuts & seeds
- Almonds, cashews, pistachios, walnuts
- Whole grains
- Fish and Poultry – 2x/week
- Limit/avoid red meat (0-4x/week)
- Olive oil for cooking
- Herbs and spices for flavor
- Low fat dairy products



In a single day: **The Mediterranean Diet**

•Breakfast

- Orange
- Steel cut oats

•Lunch

- Lentil Soup
- Banana

•Dinner

- Salmon salad with Baked Potato

•Snacks

- Nonfat plain Greek yogurt
- Sliced almonds
- Papaya
- Walnuts



Nutrients for Gut Health

- Pre & Probiotics

Probiotics are in foods such as yogurt and sauerkraut. Prebiotics are in foods such as whole grains, bananas, greens, onions, garlic, soybeans and artichokes.

- Fermented foods

Common examples include yogurt, kefir, sauerkraut, kimchi, kombucha, tempeh, and miso.

Thank you!

