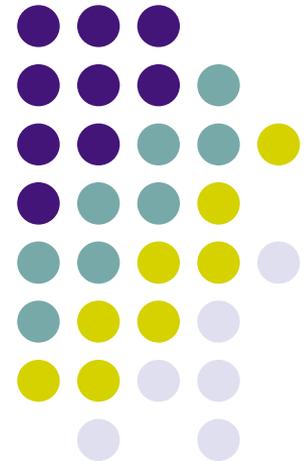
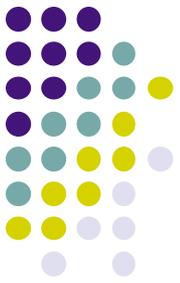


Healthy Eating for Better Mental Wellbeing

**Rebecca Sovdi, Registered Dietitian
Health Promotion and Disease Prevention**

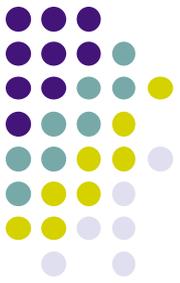


Nutrition and Your Mental Health



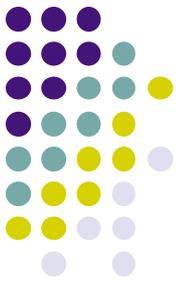
- Healthy eating practices – influence upon improving or decreasing your mental health
- Nutrition and the brain, moods and behaviours
- Nutrition for children - setting a foundation
- Healthy eating and mental illness/health
- Normal and intuitive eating

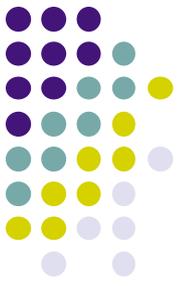
Healthy Eating and Holistic Health



- The foods that we eat, whom we eat with, and how those foods nourish our bodies are a part of that holistic health balance.
- Simply put, healthy eating contributes to not just physical health but also healthy mind, a healthy body and a healthy spirit
- Unfortunately, many of the foods we eat today are over-processed, contain chemicals and preservatives, and lack nutrients.

A Polar Bear in the Jungle

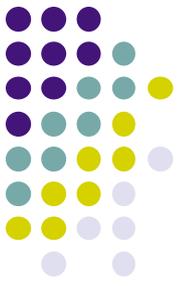




If you lose your foods, you lose part of your culture
and it has a devastating effect on the
psyche. Yakama Tribal Nurse



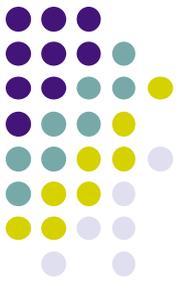
Aboriginal Community Changes



- In the last 200 years
 - Reduced control of land
 - Disrupted harvesting practices
 - Dramatic changes in diet



Effects of Residential Schools on Eating Habits



- Poverty
- Hunger
- Low iron
- Protein malnutrition
- Depression
- Diabetes
- Frustration
- Disconnection
- Abnormal Eating Behaviours





Healthy Food Relationships



Policy

Access

Income

Availability

Mental and emotional state

Whom with?

Beliefs, knowledge

Cost

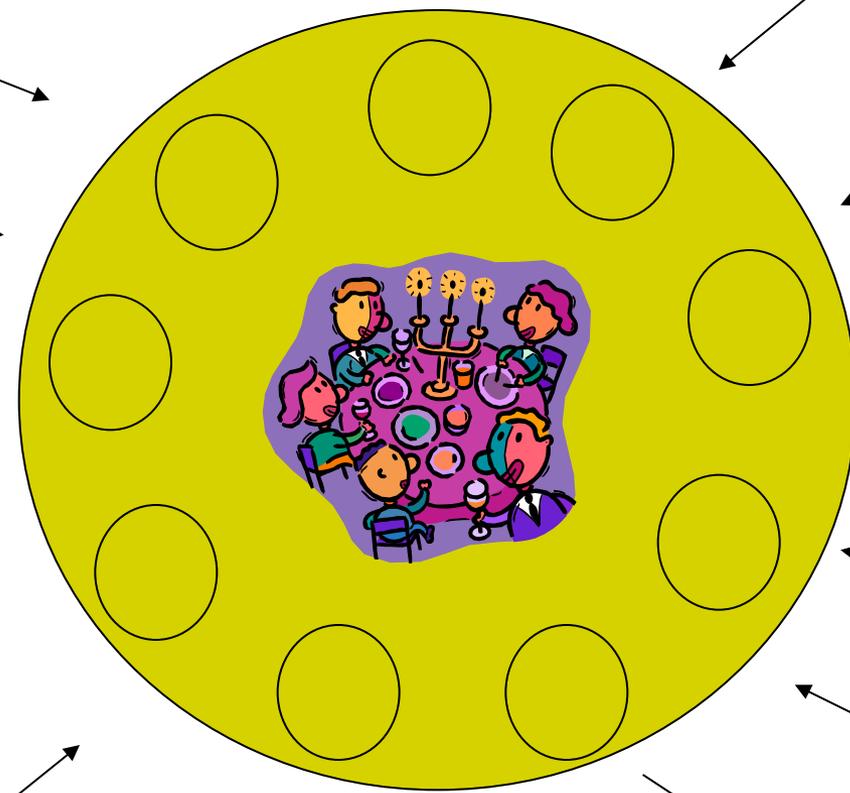
Traditional practices

Influence of food industry

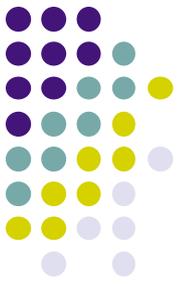
Climate and environment

Dental health

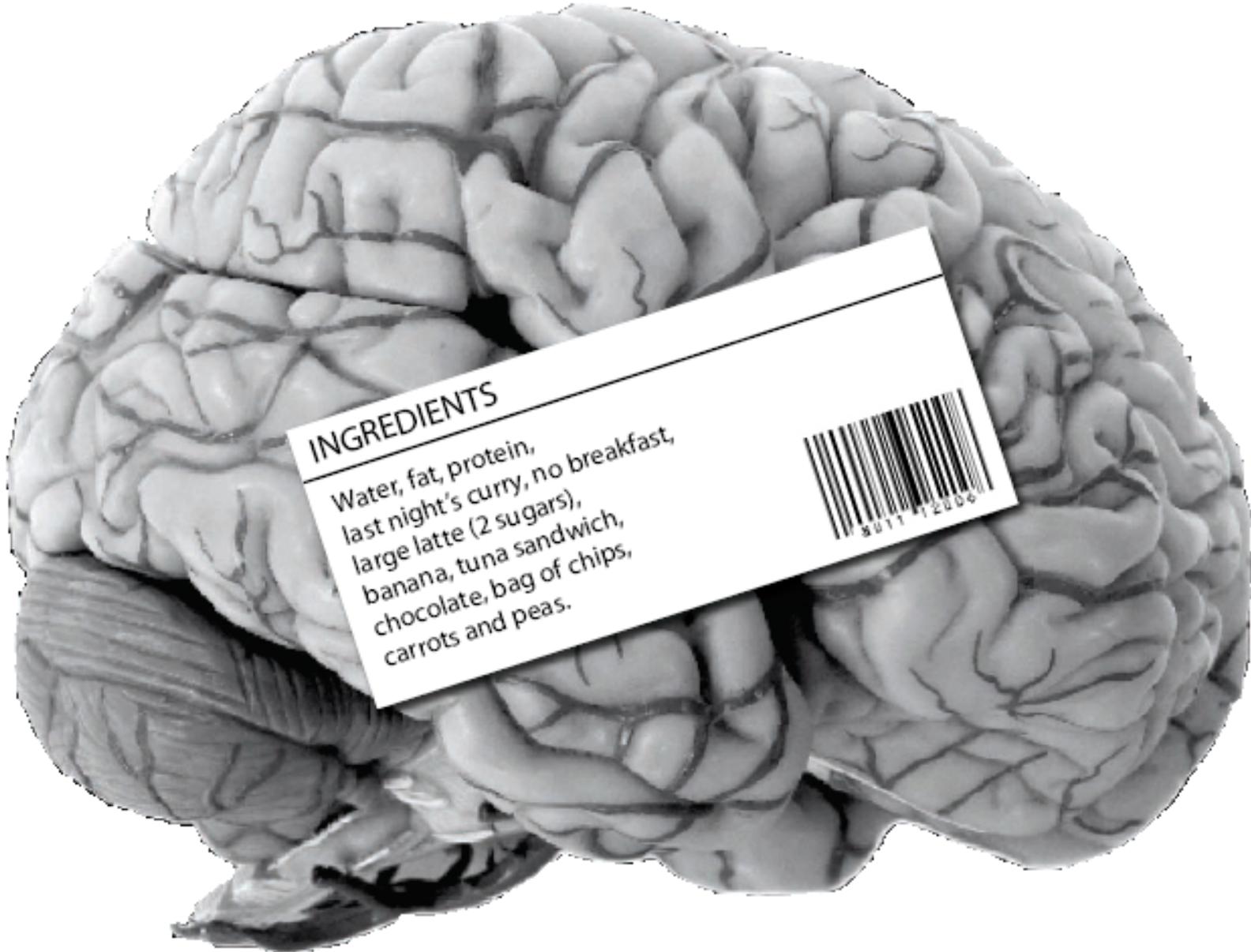
Beliefs



Nutrition and the Brain



- Food intake affects a person's mood, behaviour, and brain function – almost immediately affected
- Example – How do you feel after eating a meal or snack that consists highly of processed foods? After you skip a meal?
- Feeling irritable, grouchy, angry, tired, or sad is an immediate symptom of the effect on the brain

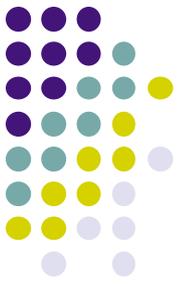


INGREDIENTS

Water, fat, protein,
last night's curry, no breakfast,
large latte (2 sugars),
banana, tuna sandwich,
chocolate, bag of chips,
carrots and peas.



To Function Well, The Brain Needs:



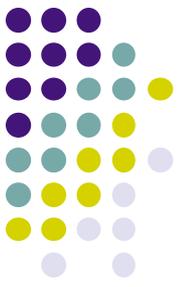
A balanced supply of

- a) Complex carbohydrates
- b) Essential fats
- c) Protein (Amino acids)
- d) Vitamins and Minerals



And WATER!

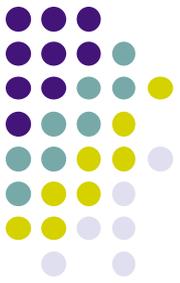




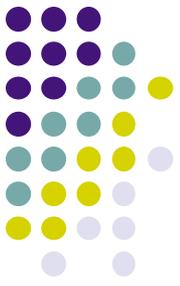
**Note to self...If I eat like crap I feel like
crap!**



Nutrition and Children's Behaviour

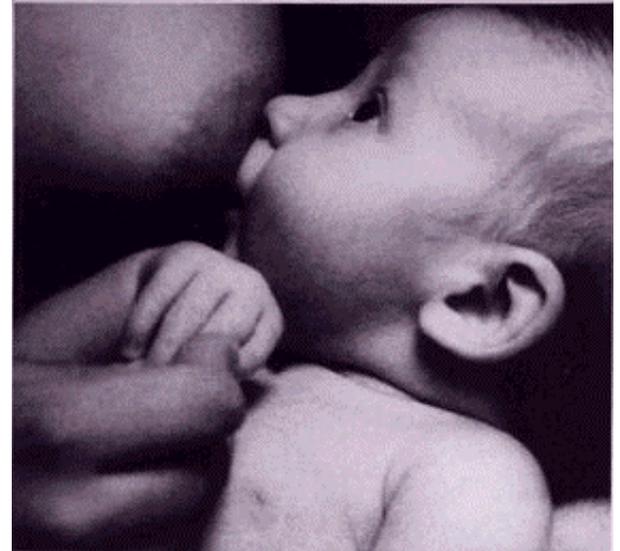


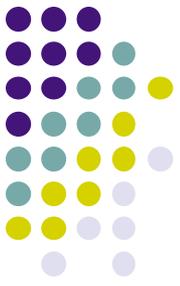
- Children's bodies are more sensitive to poor eating habits or foods
- Often, children start off their day with foods that are loaded with simple sugars, artificial colours, and artificial flavours or no food
- Some children are more sensitive to processed foods or certain foods than others
- Antibiotics can also cause changes in mood



A Division of Responsibility

- ◆ *Parents are responsible for what children are offered to eat and the manner in which it is presented.*
- ◆ *Children are responsible for how much and even whether they eat.*

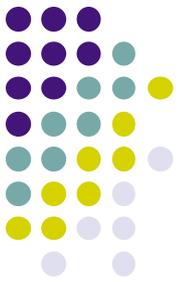




Is this a child you know?

- Crabby
- Cold
- Sleepy
- Poor attention
- Hair loss
- Dark circles under eyes
- Colds and Flus





- It could be....

Low IRON

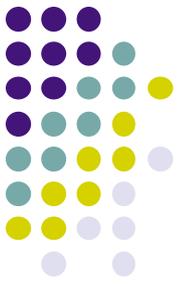
What can be done?



- Don't fill up on sugary drinks
- Protein foods at each meal
- Limit junk foods
- Try new foods
- Explore new foods

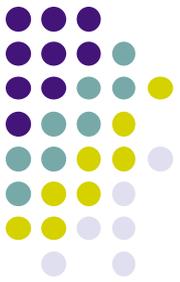


Is this a child you know?



- Hyper and then tired
- Crabby
- Poor concentration
- Cavities and caps



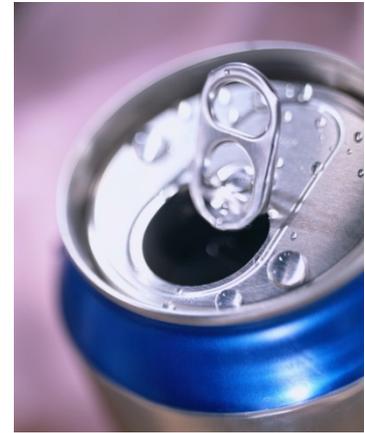


It could be...

**Eating too much sugar
causing blood sugars to drop**

Number of teaspoons of sugar the average **teen** gets a day from soda alone:

10-15



Having 1 can a pop /day ↑ a child's risk of developing diabetes by 60%

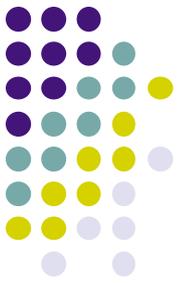
Stop the POP!

3/4 of children drink 1 soft drink daily
1/4 of children consume 4 or more daily!

What YOU can do!

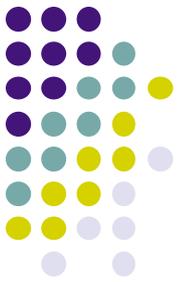
- Stop sugary drinks and candy
- Eat regular healthy meals
- Have healthy snacks
- Have protein foods at each meals and snack
- Be a role model for your family and students
- Practice what you wish for them





Is this a child/teen you know?

- Hyperactive
- Anxiety
- Fear
- Restless
- Not able to go too sleep
- Grumpy

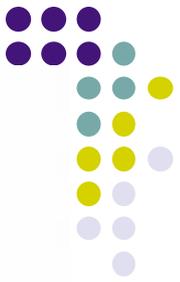


It could be.....

Caffeine

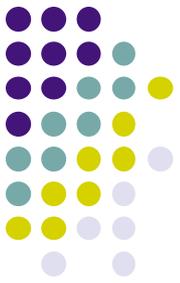
The caffeine in pop/energy drinks can produce **anxiety, mood and sleep problems** in children and teenagers.

What YOU can do?



- Drink water, water, water!
- Drink milk, herbal teas and safe medicine teas
- Say NO to energy drinks, coffee or tea etc
- Don't fill up on drinks.

Why diets don't work



19 minutes

Self control is an
exhaustible resource

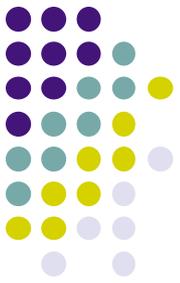


8 minutes

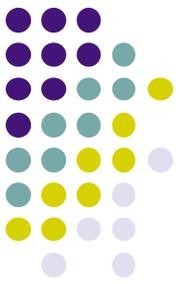
What looks like
laziness is often
exhaustion!!

Adapted from book Switch by Chip Heath and Dan Heath

Fad diets



- Extreme low fat diets can increase risk for depression and anxiety
- Extreme low carbohydrate diets can increase risk for fatigue, irritability and headaches from ketosis
- Other elimination diets can cause nutrient deficiencies



What is a healthy diet?

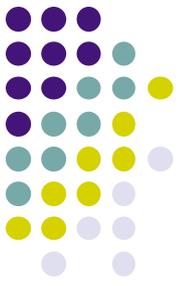
- Balances nutrition, calories, and emotions
- Emotions can trump nutritional balance and physiology
- Everything good takes time and work – diets are no exception

Health at Every Size



... is based on the simple premise that the best way to improve health is to honour your body. It supports people in adopting health habits for the sake of health and well-being (rather than weight control). Health at Every Size encourages:

- *Accepting and respecting the natural diversity of body sizes and shapes.*
- *Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.*
- *Finding the joy in moving one's body and becoming more physically vital.*

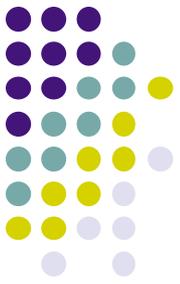


Nutrition and Mental Disorders

- Increased prevalence of mental health disorders linked to poor quality diet
- Common nutritional deficiencies seen in patients with mental health disorders
 - Omega 3 fatty acids
 - B vitamins
 - Some minerals and amino acids

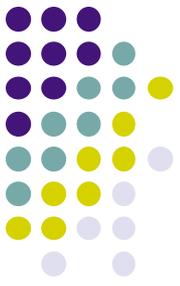


Depression

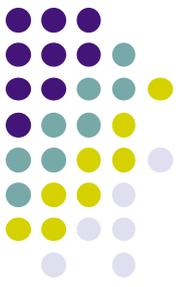


- 1 in 7 Canadians
- Affects women more than men (2:1)
- Depression has many different causes including genetics, physical causes for chemical imbalances, experiential causes such as trauma, socio-economic conditions, stress, abuse or chronic medical conditions such as diabetes, cancer, or arthritis.

Depression (or other Mood Disorders)



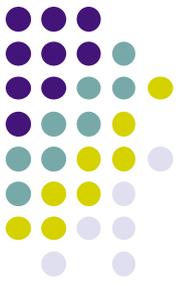
- Good nutrition
 - Multivitamin supplement
 - Have a loved one bring food nutritious food
 - Good sources of protein with every meal
 - Omega 3 fats
 - Vegetables and fruit
 - Few added sugars is important
 - Regular activity



Stress and Anxiety

- Everyone deals with stress on a daily basis – just like we all look and act different, we also cope with stress in different ways
- Nutrition can help our bodies deal with stress
 - Maintain a stable blood sugar
 - Refined carbohydrates and sugar spike blood sugar and then lower blood sugar leading to anxiety, nervousness, and irritability
 - Empty calories may replace nutritious foods
 - Limit caffeine if prone to anxiety

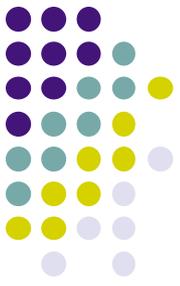
Anxiety



- Anxiety disorders can be caused or heightened by food intolerances such as an intolerance to casein (milk protein) or gluten (wheat protein)
- Another cause can be a lack of healthy gut bacteria or an overgrowth of candida

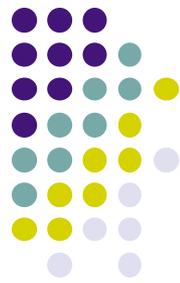


Alcoholism and nutrient deficiency



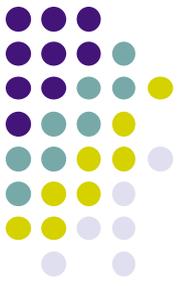
- Studies have shown that alcoholics are usually chronically deficient in certain essential nutrients AND replacing these imbalances can reduce or eliminate cravings
- Along with other conventional treatments, healthy eating and nutrient supplementation should be a part of recovery

Recovery from addiction



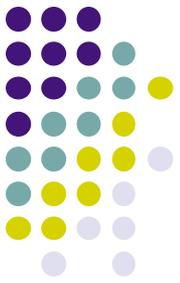
- Addictive substances change brain chemistry long after a person stops using
- Healthy eating and supplements can support recovery
- Healthy sources of protein should be eaten with every meal – this supplies the body with amino acids
- Vitamin B, Magnesium, and Vitamin D are all important – become depleted in drug abuse, especially alcoholism

Recovery from addiction



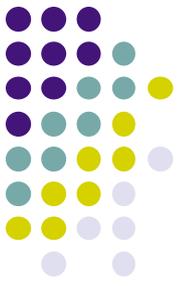
- Sugar cravings
 - Sugars are often craved by people that are detoxing from a drug or alcohol addiction
 - Sugar can cause some of the same chemical and hormone reactions in the brain as drugs/alcohol
 - Avoiding sugars will aid recovery and help to reduce drug cravings
 - Will also balance blood sugars to decrease ups and downs in moods and behaviours.

Omega 3 Fats



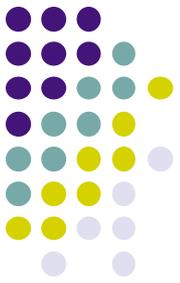
- Play a vital role in health
- Traditional diets had great sources of omega 3 fats – eating foods that ate algae (synthesize omega 3's)
- Reduce coronary artery disease, heart attacks, reduce pain from Crohn's disease, decrease blood pressure, decrease joint pain, improve health for people with diabetes, and many others

Omega 3 Fats and Mental Health



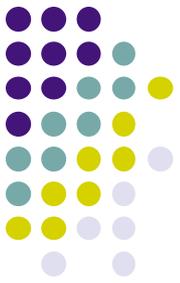
- Also linked with improving
 - Pregnancy and postpartum depression
 - Major depression
 - Bipolar disorder
 - Anxiety, stress, and violence
 - Attention deficit disorder
 - Schizophrenia
 - Memory and cognition
 - Suicide prevention

Omega 3 Fats and Health



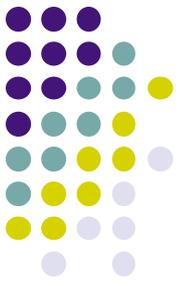
- Sources –
 - Fatty fish
 - salmon
 - mackerel
 - herring
 - sardines
 - halibut
 - mussels
 - Flax seeds or flax oil, walnuts
 - Supplements





What is Normal Eating?

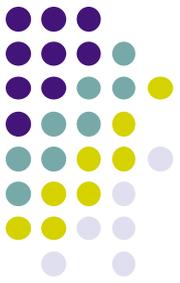
- Being hungry
- Eating until satisfied
- Being able to choose
- Having enough
- Selection
- No restrictions
- Flexibility
- Regular
- Walk away or indulge



Mindful/Intuitive Eating

- Intuitive eating is a non diet approach to health and wellness – eating based on hunger and satiety rather than emotions and habits
- Listen to your body and hunger cues
- Eat for enjoyment AND health
- Eat foods that are closer to their natural form

Eating for Optimal Mental Wellbeing



Who?

- With friends and family

What?

- Unprocessed, whole foods (home-cooking!)
- Lots of colours
- Listen to your body

Where?

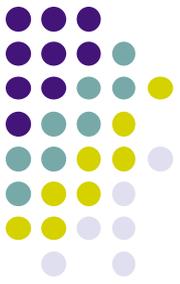
- Avoid eating in the car, in front of the TV or computer

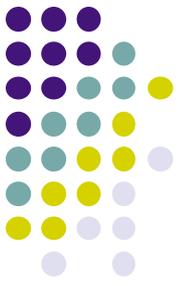
When and How?

- Regular meals
- Eat mindfully - savour the flavours, aromas, colours, textures

Eat Together

- **Gather** around simple meals.
- **Remember**, families can share any meal – breakfast, lunch and snacks count just as much as dinner.
- **Eat** what you usually eat – to start. Later you can work on what is served if you want.
- **Allow** time for meals. Make them part of your routine.
- **Turn off** the screens – TV, computer





Remember...

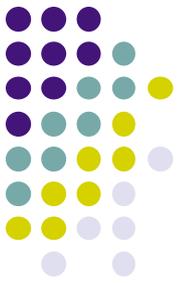
Food is Medicine!

*Enjoy it and the people you eat with!
Remember to love your body and fuel
it with loving food!*



**Take care of your body - its the only place you have to
live in.**

Thank you!



- Rebecca Sovdi
 - Rebecca.sovdi@hc-sc.gc.ca - Until September 30
 - Rebecca.sovdi@fnha.ca - After October 1
- Other upcoming presentations in the Aboriginal Nutrition Webinar Series
 - October 8 – Feeding your family delicious food
 - November 5 – Fantastic foods for babies (and Moms too!)
 - November 20 – Healthy eating for chronic disease prevention and management
 - December 3 – Traditional foods