

Improving Mental Health through Diet & Nutrition

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Accredited Practising Dietitian

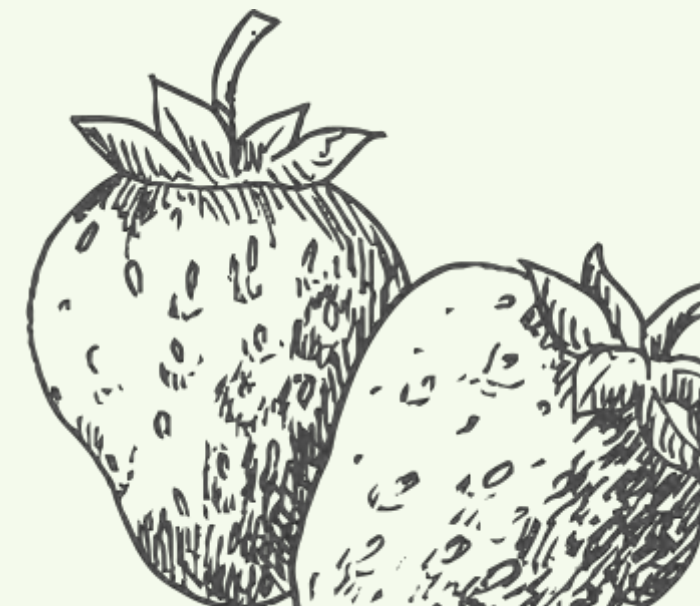


I'm Kelsey!

Welcome to my lunch & learn session!

ABOUT ME

- I'm new around here
- I'm not the food police
- Yes, my last name is 'Weight'



Food and Mental Health

Why it interests me?

- The research is fascinating!
- The current climate: COVID-19 restrictions
- The people I work with: community outpatient setting
- It has the potential to be so accessible to all



Food and Mental Health

What is the evidence?

- Healthy dietary patterns promote brain and mental health: Mediterranean style diet
- Lentils, legumes, whole grains, fruit, veg, nuts, EVOO, oily fish, lean meats...& even a glass of red!





Food and Mental Health

What is the evidence?

- The SMILES trial (Supporting the Modification of lifestyle in Lowered Emotional States)
- The first trial to investigate diet as a part of the treatment of a mental disorder

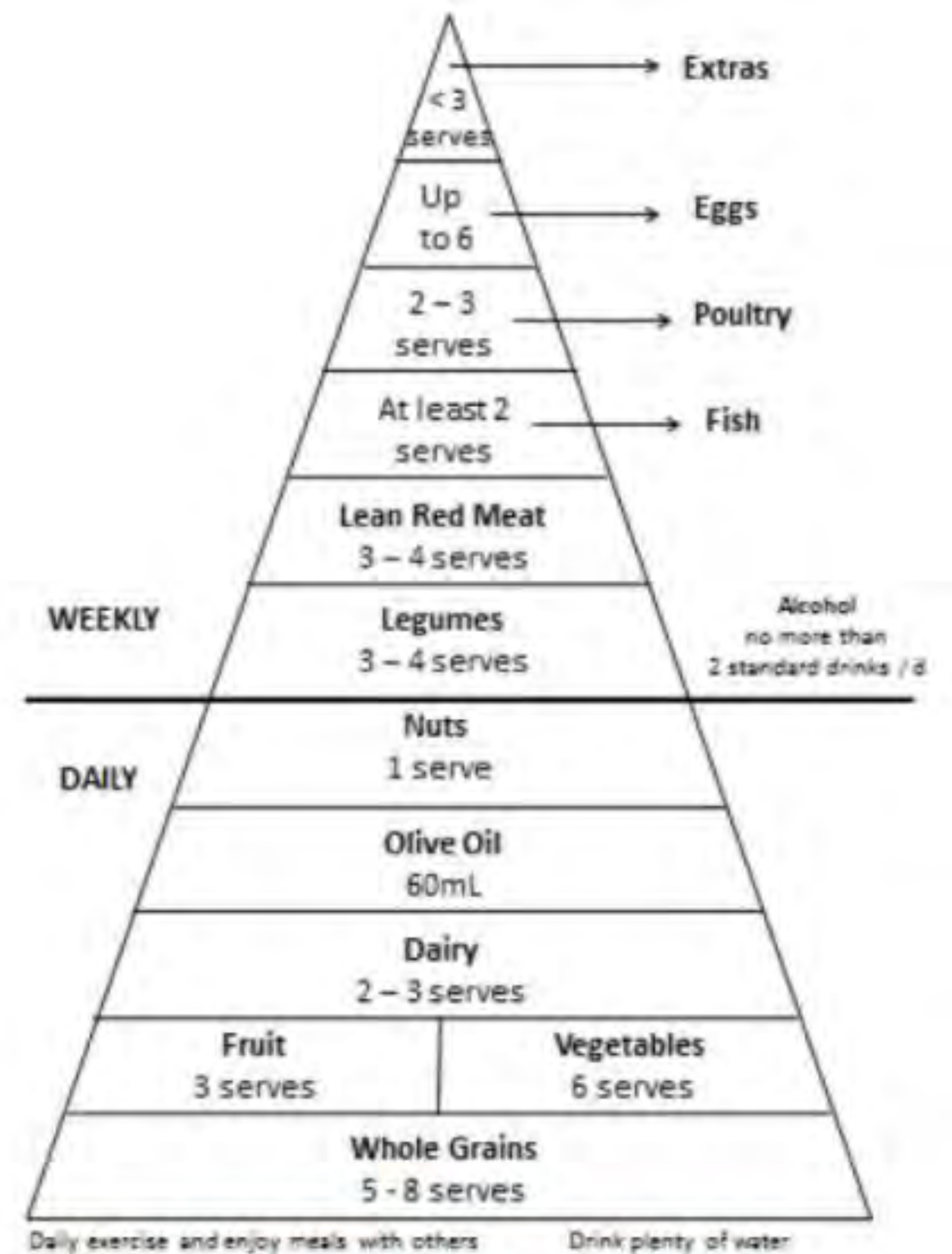


Mediterranean Style Diet

What are the key nutrients?

- Fibre
- Unsaturated fats
- Polyphenols

Not a restrictive diet!

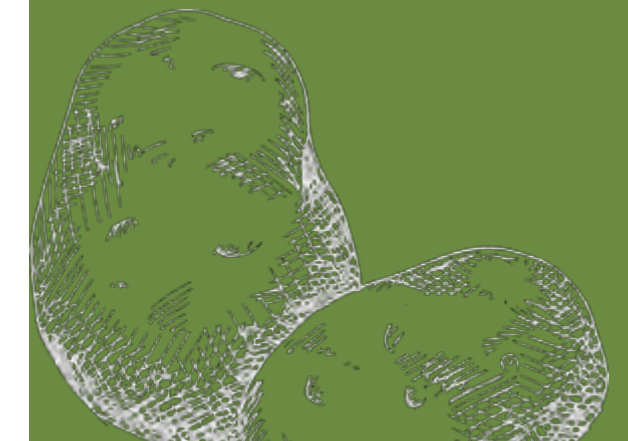
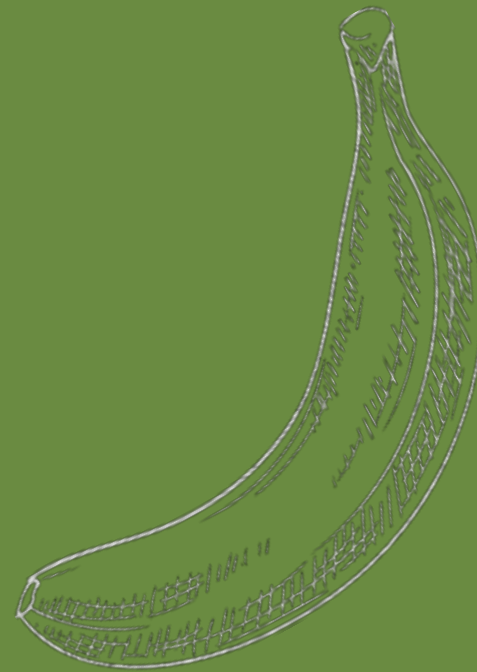
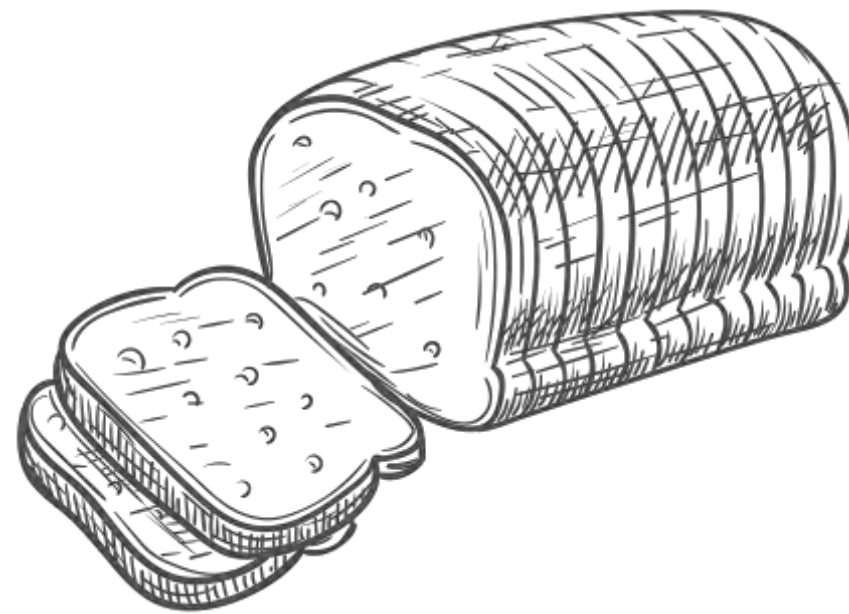
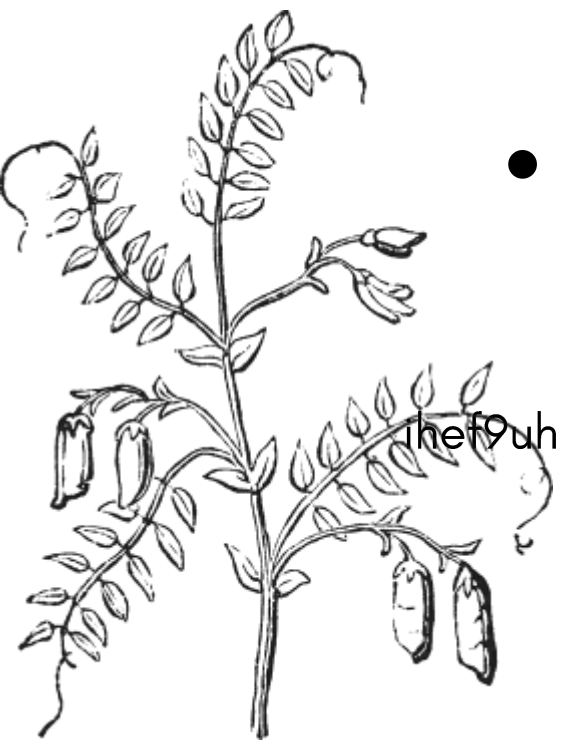


The ModiMedDiet Food Pyramid

What are the key nutrients?

Fibre

- Wholegrain breads and cereals
- Lentils and legumes
- Fruit and vegetables (unpeeled)
- Nuts and seeds



What are the key nutrients?

Unsaturated fats: PUFAs & Omega 3s

- Salmon, sardines, rainbow trout (Omega 3s)
- Chia seeds, flaxseeds, walnuts (Omega 3s)
- Eggs and lean meats/poultry
- Avocado
- Nuts, seeds, extra virgin olive oil



What are the key nutrients?

Polyphenols

- Dark berries
- Nuts and seeds
- Herbs and spices
- Olives and EVOO
- Green tea, black tea, cocoa, red wine



Food and Mood

How can I make this work for me?

- Meet yourself where you're at
- Consistency is key
- Include the foods you enjoy
- Set a goal! Maybe plan to try a new plant food each week

Food and Mood

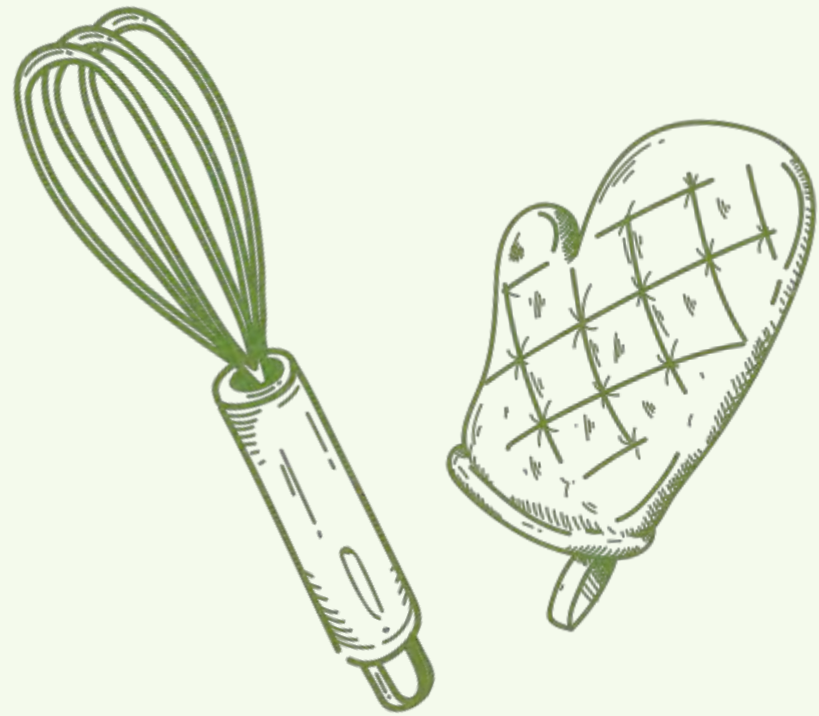
How can I make this work for me?

- What is one thing you can do today?
- What is one thing you can implement over the following weeks/months?
- What is one thing you hope to be consistently implementing in the next year?

Recipe ideas

@nurture.nutrition

- Blueberry breaky smoothie
- Black-bean and quinoa chilli



BLACK BEAN & QUINOA CHILLI

 @nurture.nutrition

SERVES 4-6

INGREDIENTS

- 1 cup quinoa
- 2 x tins black beans
- 1 x tin corn
- 1 x tin tomatoes
- 1 x 400g jar Passata
- 1 onion, chopped
- 2 garlic cloves, minced
- 1tsp chilli flakes
- 1tsp cumin
- 1/2tsp ground coriander seed
- Olive oil

Fresh coriander, avocado, lime and salad to serve



DIRECTIONS

1. In a medium pot, cook quinoa as per packet. Set aside.
2. In a large pot, heat 1 tbsp. of olive oil on medium-high heat. Add onion and garlic, and cook until translucent. Add chilli, cumin and coriander, stir.
3. Mix in tomatoes, passata and black beans.
4. Bring to a boil; then reduce heat, cover and simmer for 20 minutes. Add water if needed.
5. After 20 minutes, stir in reserved quinoa and corn. Cook for another 5 minutes then serve with sides of your choice!

Recipe
Share!

BLUEBERRY BREAKFAST SMOOTHIE

 @nurture.nutrition

SINGLE SERVE

INGREDIENTS

- 1/2 cup fresh or frozen blueberries
- 1/2 banana
- 1tbsp oats
- 1tbsp nut butter
- Pinch of cinnamon
- 1 cup milk of choice

DIRECTIONS

Blend all ingredients together until smooth.

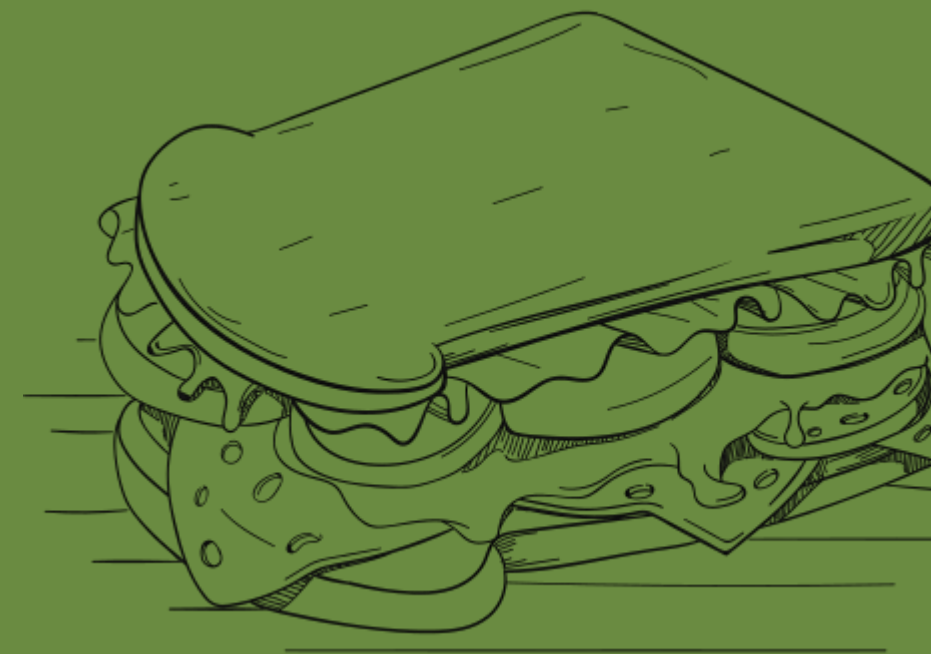
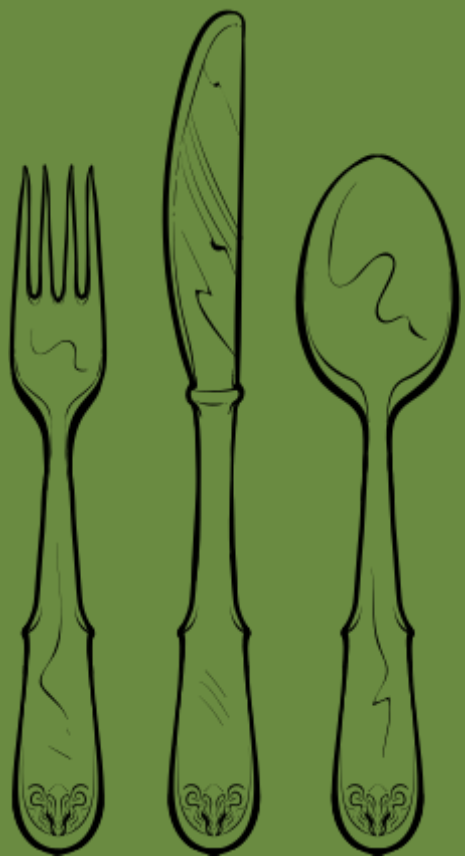
Enjoy!





Questions

HOW DO YOU PLAN TO CREATE A MORE
BRAIN FRIENDLY DIET?





Thank you!