

The impact of food on mental health



What words come to mind when you hear the term mental health ?

“hospital” “brain” “ill” “problem”
 “ can’t always tell” “medical condition”
“crazy” “ eating healthy”
 “ depression” “eating disorder”
 “psychologist” “memory problems”
“hospitalisation” “sick” “mind”
 “ what your well being is like” “human”
“disability” “sadness” “important”
“self- harm” “self-esteem”
 “ people who are not very healthy in mind”

Mental health

is defined as a state of **well-being** in which

- every individual realizes his or her own potential
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to her or his community

Mental Health Statistics

- About a quarter of the population will experience some kind of mental health problem in the course of a year.
- Anxiety and depression are the most common mental health disorders in Britain
- Women are more likely to have been treated with a mental health disorder than men
- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class
- Nearly 80,000 children and young people suffer from severe depression

Nutrition for positive mental health

- Eat mindfully
- Eat breakfast everyday
- Avoid skipping meals
- Stay well hydrated
- Aim to eat five portions of fruit and vegetables a day
- Have caffeine in moderation – avoid over consumption of energy drinks
- Eat complex carbohydrates such as pasta, rice and bread
- Have processed foods in moderation – avoid overconsumption of foods high in sugar and saturated fats
- Consume omega 3 oils