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virtual clinic for pain recovery

Please note that the information here is for informational purposes only and not a substitute for professional medical advice. Always consult a healthcare professional before making any dietary changes or decisions regarding your health.

🍴 Food and Mood 🙂

How what you eat impacts how you think and feel.

Why do we eat?

- To survive
- For fuel and energy
- Because our body tells us we're hungry
- For pleasure
- Based on personality
- To relieve stress

Question: Why do you eat?

Best Foods to Lower Mental Health Risks

- Unprocessed Foods
- Foods Diverse in Nutrients
- Probiotics
- Fruits and Veggies like Dark Leafy Greens, tomatoes, kale, strawberries, blueberries,
- Oranges
- Nuts and seeds like almonds, walnuts and their oils
- Beans like navy and white beans
- Fish like salmon, sardines, mackerel, tuna

Foods That Cause Inflammation

- White Breads
- Fried Foods
- Red Meat
- Processed Meats
- Saturated Fats
- Trans Fats
- Refined Sugars
- Sweetened Drinks
- Refined Carbs and Pastries

Nutritional Psychology

- Obesity, diabetes & cardiometabolic diseases correlated with mental health disorders (Deste & Lombardi, 2023)
- Proper nutrition has a positive impact on depression in elderly individuals (Klimova et al., 2020)
- High fish consumption correlated with lower annual rates of MDD (Hibbeln, 1998)
- Ultra-processed foods are associated with higher rates of depression and anxiety (Lane et al., 2022)
- High-sugar diets are linked to cognitive impairments, anxiety, and depression (Jacques et al., 2019)
- Healthy gut health is likely related to lower inflammation and lower depression (Firth et al., 2020; Grajek et al., 2022)