



Food for Your Mood: Tips for Improving Mental Health Through Healthier Eating

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Rethink Your Drink

- Avoid drinks that contain artificial sweeteners and significant amounts of sugar.
- Be aware of the effects of caffeine and the acidity in carbonated beverages.
- Our bodies need water to clear out toxins. Try filtering your water with a charcoal filter to reduce your exposure to chlorine, organic chemicals and pesticides.
- Tea contains catechins, a type of disease-fighting flavonoid and antioxidant that protects our cells --especially those of the brain. Tea is also rich in theanine, which calms.

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- Almost all individuals need more zinc, and especially those who face mental health challenges. Nuts and seeds are a good source of zinc.
- Antioxidants provide the colors in fruits and vegetables. Try to eat 7 to 9 servings of fruits and vegetables in the different colors of the rainbow to prevent cellular damage to body and brain.
- B vitamins, protein and magnesium can be found in leafy greens and vegetables, whole grains, beans, and seeds. They serve as cofactors for the making of serotonin, melatonin, dopamine, norepinephrine--so they are very important for mood support.
- Omega 3 fatty acids feed the anti-inflammatory pathways in our bodies and can be helpful with brain function. Omega 3 fatty acids, bioactive oils and healthy cell membranes can be found in wild-caught salmon, walnuts, ground flax seed or chia pudding.
- Methylation is a biochemical pathway in the body with the job of putting on and taking off methyl groups throughout the body. If we have poor or under-methylation, that leads to serotonin deficiency which contributes to depression and anxiety.
- Strive for at least 10 grams of fiber with each meal to keep your blood sugar stable and reduce cravings. Whole foods, unrefined plants provide a significant amount of fiber. The average vegetable has 4 grams of fiber per serving, fruit has 3 grams, beans have 6-7 grams, and whole grains have 3-4 grams.
- "Nutrient Power: Heal Your Biochemistry, Heal Your Brain," by William Walsh is a resource for individuals with mental health challenges that explains how to individualize supplemental nutrients based on one's biotype determined by simple blood tests that include copper and zinc levels, whole blood histamine to determine methylation status and urinary pyrroles.



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