

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 (World Health Organisation)

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
- Nearly 80,000 children and young people suffer from severe depression

Nutrition for 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 oats
- Have processed foods in moderation – avoid overconsumption of foods high in sugar and saturated fats
- Consume omega 3 oils