



*Eat well and
shine like
a Star*

By improving mental wellness
THROUGH OPTIMIZING NUTRITION

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HERE'S SOME FOOD FOR THOUGHT:

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

— Ann Wigmore

You really *are* what you eat!

Did you know that every single brain chemical you possess comes directly or indirectly from the food you eat? Any time you reach for a snack, keep in mind that your good food choices mean healthy brain chemicals. Those healthy brain chemicals are directly linked to your:



Without a doubt, you are what you eat – that is why eating nutritious food is critical if mental wellness is your goal!

A SIMPLE RECIPE IS WORTH REPEATING!
You + Healthy Diet = OPTIMIZED Mental Health

WEIGHING IN ON A BIG PROBLEM

*"The part can never
be well unless
the whole is well."*

— Plato

The obesity epidemic

Worldwide obesity has more than doubled since 1980 and this epidemic is no longer something we should turn a blind eye to. Research has shown that depression and obesity seem to feed off each other and create a vicious cycle. Basically, if you're obese, you're more likely to suffer from depression – and if you're depressed, you're more likely to become obese.

According to a World Health Organization (WHO) study from 2014, more than 1.9 billion adults (18 years and older) were overweight. Of these, over 600 million were obese.

Being overweight or obese means you have an excessive amount of fat accumulation that may impair your health. So how do you figure out if you are in danger of being obese? Learn how to calculate your Body Mass Index (BMI). Tracking your BMI is a very good way to see if you're in the healthy or unhealthy range for body weight and to see how it changes as you make healthy lifestyle choices.

HERE'S SOMETHING TO DIGEST:

When it comes to nutrition today, there are two basic problems:

1. We eat too many carbohydrates, fats, and protein (also known as **macronutrients**).
2. We don't eat enough foods rich in vitamins and minerals (also known as **micronutrients**).

We consider this a modern-day nutritional tragedy because these problems result in increased issues regarding mental health. The good news is this is all reversible by changing our eating habits. With the right information and tools, you can start making positive changes to your diet today!

Talk to your healthcare provider today about how you can incorporate a healthy diet into your daily life.



STEP UP TO YOUR PLATE AND START MAKING CHANGES

"Let food be thy medicine and medicine be thy food."

— Hippocrates

By learning more about healthy food

A step towards developing good eating habits is learning more about macronutrients and micronutrients.

Macronutrients are essential for optimal health. These include:

Protein: Remember – BOTH animal and plant-based foods (beans, lentils, nuts, seeds, etc.) are rich sources of protein. Too much protein from red meat can potentially lead to health problems – so be sure to mix up your sources of protein.

Carbohydrates: If consumed in moderation, carbohydrates are another great source of macronutrients. Choose “good” carbs, so they don’t convert as rapidly to sugar in your body.

Fats: Some examples of “good” fats are olive oil or oils derived from nuts, avocados or coconut. Try to avoid “bad” fats from highly processed junk foods. Fat sources from animal and plant-based foods are easy to find – just remember to eat them in moderation.



Good vs. Bad

Good carbs:

Fresh vegetables
Fresh fruit
Legumes
Whole grains

Bad carbs:

White rice
White bread
Fruit juices
Refined sugar

Micronutrients are vitamins and minerals required in small amounts that are essential to our health, development, and growth. Micronutrients can be found naturally in a variety of plant- and animal-based foods. They:

- **Support** good brain health
- **Control** our levels of inflammation, energy expenditure and thinking capacity
- **Help** maintain a healthy immune system

People who eat more micronutrients have lower mental health problems, so read on to learn more about how to incorporate more of them into your diet!

CHEW ON THIS!

"No disease that can be treated by diet should be treated with any other means."

— Maimonides

The MIND Diet

Are you interested in eating to promote a healthy mind and body? Of course you are. The MIND Diet is a great place to start in your pursuit of achieving optimum wellness, because it promotes a healthy mind-body connection. Have a look at the image below to become familiar with the different foods associated with the MIND Diet.



Keep this in MIND

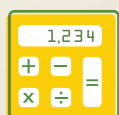
If you need a little more incentive to consider following the MIND Diet, studies have shown that it can decrease your chances of developing Alzheimer's Disease!

By practicing and maintaining healthy nutritional practices, you will be taking steps towards having a great sense of well-being!

TAKE ADVANTAGE OF AVAILABLE RESOURCES FOR NUTRITIONAL WELLNESS

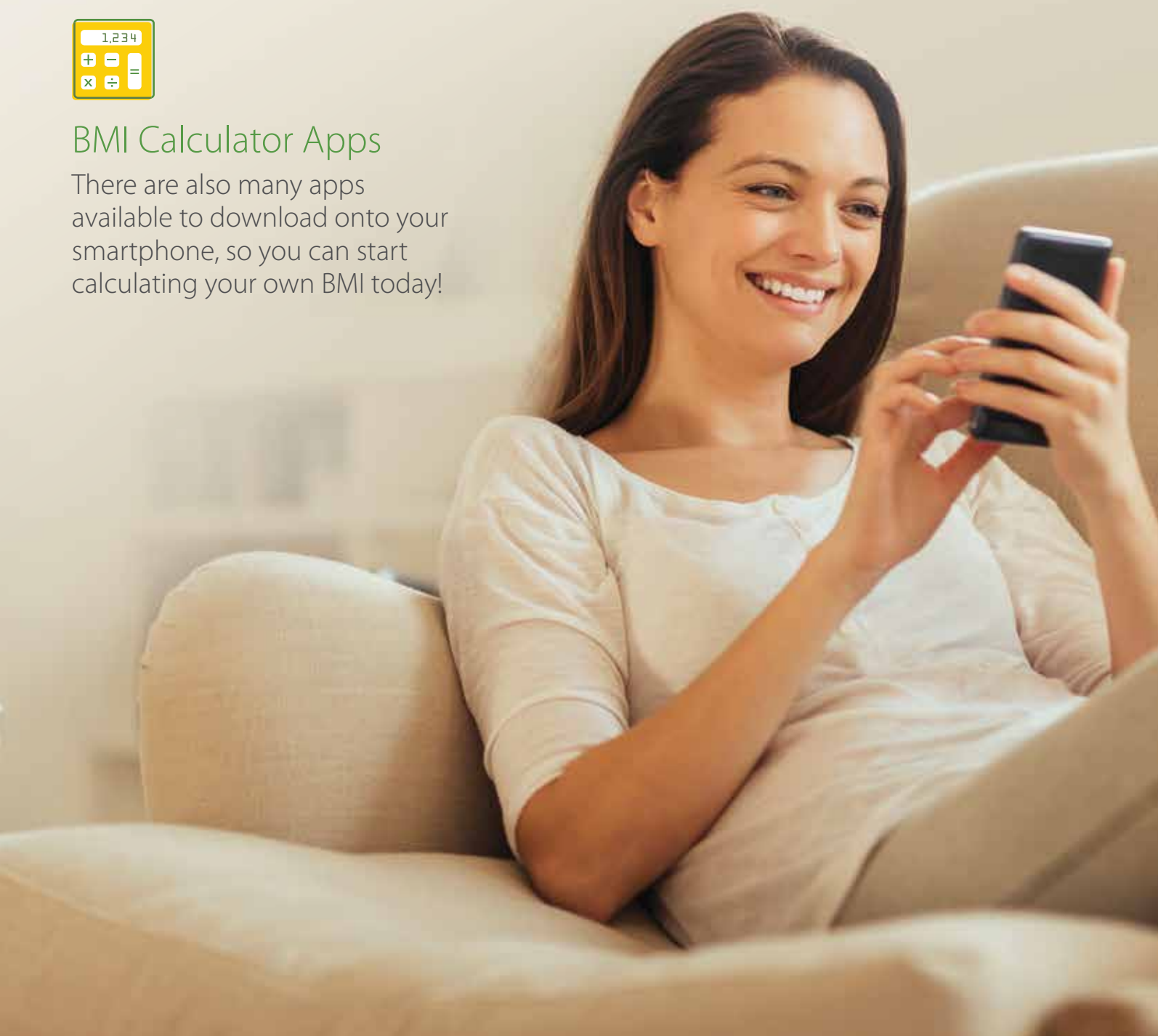
Apps can help motivate you

There are many free apps available out there. We highly recommend you take full advantage of apps and websites that help keep you on track. They can help change behavior and will inspire you to stay motivated to continue making healthy lifestyle changes.



BMI Calculator Apps

There are also many apps available to download onto your smartphone, so you can start calculating your own BMI today!



THE SECRET TO YOUR SUCCESS: DOCUMENT YOUR PROGRESS!

Documenting and keeping records seems to make a difference when it comes to changing behaviors. We encourage you to use the simple chart below to document your BMI and your weight on a monthly basis. Keeping a journal will allow you to track your progress and become aware of areas that may need attention.

Journaling your BMI and your body weight

Document your BMI and your WEIGHT at least monthly

MONTH	BMI	BODY WEIGHT
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

MY ACTION PLAN

Please fill out your action plan and take it with you to your next appointment, so you and your healthcare provider can discuss ways to integrate a healthier diet into your daily life.

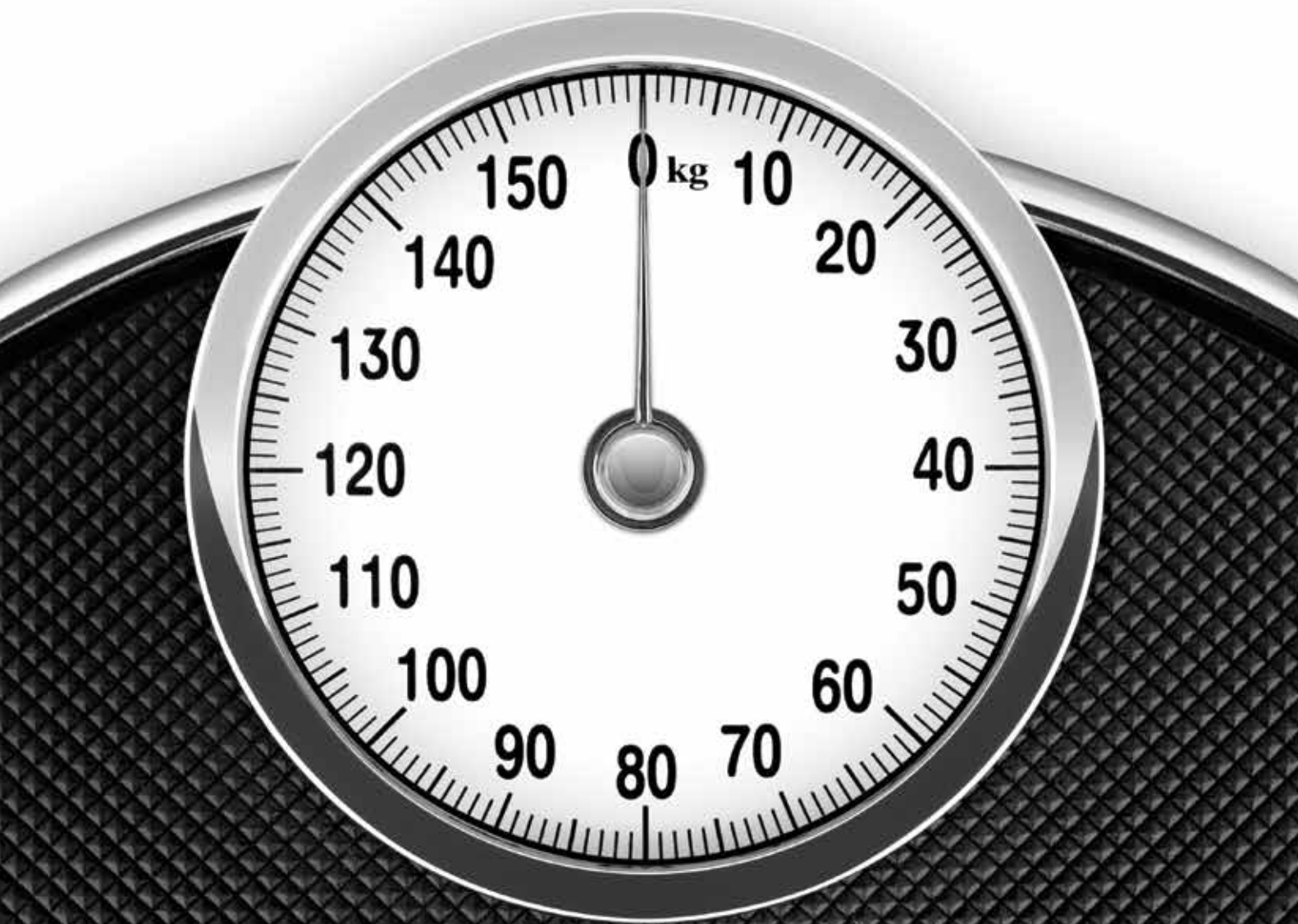
1. MY CURRENT NUTRITION HABITS:

2. I PLAN TO INCORPORATE MINDFUL EATING INTO MY NUTRITIONAL PLAN BY DOING THE FOLLOWING:

3. ROADBLOCKS THAT KEEP ME FROM EATING WELL:

4. EMOTIONAL TRIGGERS THAT ENCOURAGE ME TO MAKE POOR FOOD CHOICES:

5. MY PLAN TO DEVELOP QUALITY NUTRITIONAL HABITS:



*"An apple a day
keeps the doctor away."*

— Proverb