



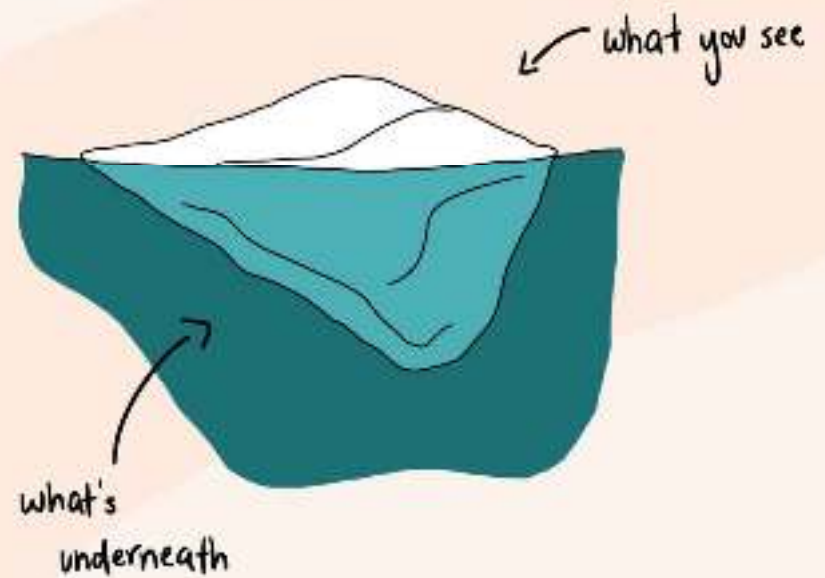
THE CRITICAL ROLE OF NUTRITION AND ITS IMPACT ON STRESS & MENTAL WELLBEING

TODAY'S OBJECTIVES

- CONNECT SCIENCE-BASED RECOMMENDATIONS FOR NUTRIENTS, FOODS, AND DIETARY PATTERNS TO THEIR IMPACT ON MOOD, STRESS, AND OVERALL MENTAL WELLNESS.
- IDENTIFY HOW VARIOUS NUTRIENT GAPS IMPACT IMPORTANT PATHWAYS THAT REGULATE STRESS, MOOD, AND MENTAL WELLNESS.
- OUTLINE LIFESTYLE HABITS—SUCH AS EXERCISE, SLEEP, AND MORE—THAT HELP MANAGES STRESS, BENEFIT MOOD, AND PROMOTE OPTIMAL MENTAL WELLNESS.

WHY MENTAL WELLNESS NOW?

FRIENDLY REMINDER
people are a lot like icebergs...



7 MOST DEBILITATING DISEASES IN THE U.S.

- #7 NEUROLOGICAL DISEASES (ALZHEIMER'S, PARKINSON'S, ETC.)
- #6 ENDOCRINE DISEASES (METABOLIC SYNDROME, TYPE 2 DIABETES)
- #5 MUSCULOSKELETAL CONDITIONS
- #4 INJURIES
- #3 HEART & CIRCULATORY DISEASES
- #2 CANCER AND TUMORS
- #1 MENTAL HEALTH DISORDERS & SUBSTANCE ABUSE

- IN JUNE 2020, 40% OF U.S. ADULTS REPORTED STRUGGLING WITH MENTAL HEALTH OR SUBSTANCE USE.
- THE MOST COMMON MENTAL ILLNESSES IN THE U.S. ARE ANXIETY DISORDERS, WHICH AFFECT 18.1% OF ADULTS.
- DEPRESSION COSTS OUR NATION ABOUT \$210.5 BILLION ANNUALLY.
- MANY PEOPLE SUFFER FROM MORE THAN ONE MENTAL DISORDER AT A GIVEN TIME. DEPRESSIVE ILLNESSES TEND TO CO-OCCUR WITH SUBSTANCE ABUSE AND ANXIETY DISORDERS.
- 1 IN 6 U.S. YOUTH AGED 6-17 EXPERIENCE A MENTAL HEALTH DISORDER EACH YEAR.
- HALF OF ALL LIFETIME MENTAL ILLNESS BEGINS BY AGE 14, AND 75% BY AGE 24.
- 11 YEARS IS THE AVERAGE DELAY BETWEEN ONSET OF MENTAL ILLNESS SYMPTOMS AND TREATMENT.

THE CURRENT STATE OF STRESS

- 87% OF ADULTS SAID THAT IT FEELS LIKE THERE HAS BEEN A CONSTANT STREAM OF CRISIS OVER THE LAST 2 YEARS.
- 87% ALSO SAID THAT INFLATION AND INCREASED COSTS ARE A SOURCE OF STRESS.
 - *STRESS ABOUT FINANCES IS AT ITS HIGHEST SINCE 2015*
 - *PARENTS ARE MORE LIKELY THAN NON-PARENTS TO SAY MONEY AND THE ECONOMY ARE A SOURCE OF STRESS*
 - *LATINO AND BLACK ADULTS ARE MORE LIKELY TO BE STRESSED BY MONEY AND THE ECONOMY THAN WHITE AND ASIAN ADULTS*

WHY ME?

- PROFESSIONAL INTEREST
- PERSONAL INTEREST
- MORE AND MORE RESEARCH
- DISCLOSURES: LINQ &
AMERICAN DAIRY ASSOCIATION
NORTHEAST



THE SCOPE OF MENTAL HEALTH

INCLUDES CONDITIONS LIKE...

- ANY ANXIETY DISORDER
- ADHD
- AUTISM SPECTRUM DISORDER
- BIPOLAR DISORDER
- EATING DISORDERS
- MAJOR DEPRESSION
- OCD
- PERSONALITY DISORDERS
- PTSD
- SCHIZOPHRENIA
- SUICIDE

MENTAL HEALTH: A STATE OF WELL-BEING IN WHICH AN INDIVIDUAL REALIZES HIS OR HER OWN ABILITIES, CAN COPE WITH THE NORMAL STRESSES OF LIFE, CAN WORK PRODUCTIVELY AND IS ABLE TO MAKE A CONTRIBUTION TO THE COMMUNITY.

WHAT IS THE CONNECTION TO DIET?



- ONE EATING PATTERN
CONSISTENTLY STANDS OUT
- ONE FOOD GROUP
CONSISTENTLY STANDS OUT

WHAT IS THE CONNECTION TO DIET?

VEGETABLES

- 5% DECREASE IN DEPRESSION RISK FOR EVERY 100-GRAM INCREASE IN VEGETABLES
- WHAT'S 100 GRAMS?
 - *1/2 CUP BROCCOLI*
 - *1/2 CUP SWEET POTATO*
 - *1 1/2 CUPS RAW SPINACH*



WHAT IS THE CONNECTION TO DIET?

FRUITS

- 3% DECREASE IN DEPRESSION RISK FOR EVERY 100-GRAM INCREASE IN FRUIT
- WHAT'S 100 GRAMS?
 - *1/2 OF A MEDIUM APPLE*
 - *1/2 TO 2/3 CUP BERRIES*



3 WAYS FOOD IMPACTS MENTAL WELLNESS

1. GUT HEALTH
2. INFLAMMATION
3. KEY NUTRIENTS



FISH
&
OMEGA-3
FATTY ACIDS



Best Choices EAT 2 TO 3 SERVINGS A WEEK

Anchovy	Herring	Scallop
Atlantic croaker	Lobster, American and spiny	Shad
Atlantic mackerel	Mullet	Shrimp
Black sea bass	Oyster	Skate
Butterfish	Pacific chub mackerel	Smelt
Catfish	Perch, freshwater and ocean	Sole
Clam	Pickering	Squid
Cod	Plaice	Tilapia
Crab	Pollock	Trout, freshwater
Crawfish	Salmon	Tuna, canned light (includes skipjack)
Flounder	Sardine	Whitefish
Haddock		Whiting
Hake		

OR

Good Choices EAT 1 SERVING A WEEK

Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Carp	Sablefish	Tuna, yellowfin
Chilean sea bass/ Patagonian toothfish	Sheepshead	Weakfish/seatrout
Grouper	Snapper	White croaker/ Pacific croaker
Halibut	Spanish mackerel	
Mahi mahi/ dolphinfish	Striped bass (ocean)	

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

* Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice

www.EPA.gov/fishadvice



HOW ABOUT SUPPLEMENTS?

- AI FOR AGES 14+:

 - 1600 MG (PEOPLE ASSIGNED MALE AT BIRTH)

 - 1100 MG (PEOPLE ASSIGNED FEMALE AT BIRTH)

- RANGE: 1000MG TO 4000MG

- EPA/DHA: 60/40 RATIO

 - for example: 2,000mg supplement should have about 1,125mg EPA and 875mg DHA. "Other omega-3s" is 150mg.

OTHER NUTRIENTS

VITAMIN D

- RDA: 600 IU (AGES 14 TO 70)
- ENDOCRINE SOCIETY: 1500 TO 2000 IU (AGED 18+)
- UL: 4000 IU (AGES 18+)
- D₃

MAGNESIUM

- RDA: 310-320 MG (WOMEN, AGES 19-30, 31-50+); 400-420 MG (MEN, AGES 19-30, 31-50+)
- 75% OF AMERICANS DO NOT MEET THE RECOMMENDED DIETARY ALLOWANCE FOR MAGNESIUM
- LOOK FOR MAGNESIUM GLYCINATE (FOR ANXIETY & SLEEP). SKIP MAGNESIUM OXIDE (IT'S NOT ABSORBED WELL IN MOST PEOPLE).
- EPSOM SALT BATHS

LIFESTYLE CHOICES

EXERCISE

- ANY EXERCISE IS BETTER THAN NO EXERCISE, BUT HIGHER INTENSITIES MAY YIELD LARGER IMPROVEMENTS IN MOOD AND ANXIETY.
- MORE ISN'T ALWAYS BETTER: RESEARCH SHOWS 45 MINUTES, 3 TO 5 DAYS A WEEK IS OPTIMAL

NATURE

- GETTING OUTSIDE HAS THE POWER TO BE A NEAR INSTANT MOOD LIFTER: BOOST SEROTONIN, SLOWS RUMINATION, CALMS AND FOCUSES YOUR BRAIN, LOWERS CORTISOL
- 2 HOURS OR MORE A WEEK

SLEEP

- SLEEP IS NOW BELIEVED TO HAVE A BIDIRECTIONAL RELATIONSHIP WITH MENTAL WELLNESS, MEANING SLEEP PROBLEMS BOTH RAISE RISK FOR MENTAL HEALTH CONDITIONS AND WORSEN MENTAL HEALTH CONDITIONS



QUESTIONS?

BRIERLEY HORTON, MS, RD

 brierley.horton@gmail.com

Follow me on Instagram: [@brierleyhorton](https://www.instagram.com/brierleyhorton)

 happyeatingpodcast.com

