

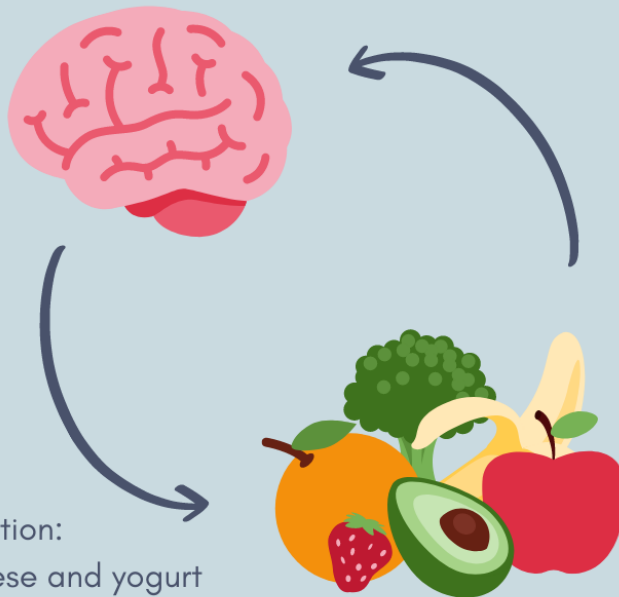
# HOW FOOD AFFECTS YOUR MENTAL HEALTH

## BRAIN

**Stress, trauma, and depression** can have a massive effect on the bacteria in our gut and lead to inflammation of our digestive system. Our brain influences gut motility, secretion, nutrient delivery and microbial balance. When these signals become disrupted they can cause all sorts of internal issues.

### Food That Supports Your Brain

- Vegetables
- Fruits
- Nuts
- Seeds
- Legumes
- Whole grains
- Herbs & spices
- Seafood
- Extra virgin olive oil.
- Food to eat in moderation:
  - Poultry, eggs, cheese and yogurt
- Food to eat only rarely:
  - Red meat



### Food To Avoid/ Eat in Moderation

- Added sugar:
  - Soda, candies, table sugar
- Refined grains:
  - White bread and pasta
- Trans fats:
  - Margarine and processed foods
- Refined oils:
  - Soybean, canola and others
- Processed meat:
  - Hot dogs and deli meats
- Alcohol
- Caffeine

## GUT

**Our gut health, in turn, impacts our mental health.**

90% of our serotonin - the happy/well-being neurotransmitter responsible for regulating mood, sleep, appetite and pain inhibition - is made in our gut! Our gut influences neurotransmitter levels and helps to regulate stress/anxiety, mood and behaviour.

**STAY CONNECTED FOR MORE RESOURCES!**