

Mind Health: Shop Talk - Eating For Optimal Mental Health

Food	The Nutrients It Contains for MH	Blood Sugar Balance	Brain & Gut Health
<p>Vegetables (including fruit regarded as vegetables)</p> <p>The more color you have, the more nutrients you gain!</p>	<p>magnesium, iron, chromium, antioxidants (beta-carotene, selenium, vitamins A, C, and E), vitamin B6, fiber, calcium</p>	<p>Chromium regulates glucose and helps insulin transport glucose into cells to be used for energy.</p> <p>Iron keeps our blood oxygenated. Vitamin C aids in the absorption of iron.</p>	<p>Stop an enzyme called MAO from breaking down serotonin.</p> <p>Eradicate free radicals which are unstable molecules that damage nerve cells in certain emotional areas of the brain.</p> <p>Vitamin B6 plays a role in synthesizing serotonin from tryptophan. Magnesium and vitamin E help with memory and cognition. Zinc builds new cells and enzymes.</p>
<p>Fruit (varieties low in sugar) – blueberries, blackberries, raspberries, strawberries (1)</p>	<p>Antioxidants (the berries)</p>	<p>There are fruits that do not spike blood sugar and provide nutrients to support optimal mental health: apples, pears, oranges, kiwi, apricots, peaches, cherries.</p>	<p>Protects the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia.</p>
<p>Protein grass-fed meat, wild-caught fish, lentils, and beans (2)</p>	<p>zinc, iron, vitamin B6, and iodine</p> <p>prebiotics (beans)</p>	<p>Beans stabilize glucose levels.</p>	<p>Contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings and to help make neurotransmitters. It also helps keep you feeling fuller for longer.</p> <p>Beans offer prebiotics which offers the “food” for probiotics to thrive in the gut.</p>

A-One Living is in the business of empowering others to have a healthy lifestyle. We can assist you in changing your kitchen into a hearth of wellness. Contact Alanna Taylor at alanna@aoneliving.com or check out our website at www.aoneliving.com.

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Whole Grains	fiber, chromium, vitamin E, omega-3	Whole Grains, such as rye bread, spelt pasta, and brown rice, all have a lower GI due to their high fiber content. They release glucose more slowly into the bloodstream compared to refined carbohydrates.	Reduce the risk of inflammation in the gut.
Fats (NOT trans fat!)	omega-3, omega-6	There is limited research on fatty acid supplements managing glucose levels.	Keep your brain working well (our brain is made up of about 60% fat). Have anti-inflammatory properties which calms and nourishes the gut by encouraging healthy bacteria to grow.
Herbs and Spices		Cinnamon has been shown to assist in blood sugar balance and it can reduce the craving for sugar.	Trigger beneficial digestive processes that keeps the gut healthy and allows for the production of serotonin. Some spices, such as turmeric, have anti-inflammatory properties.
Fermented Food	Probiotics (live bacteria)	A healthy gut is also connected to managing glucose levels	Probiotics reduces inflammation and encourages healthy bacteria in the gut.
Seeds and Nuts (3)	Magnesium, B vitamins, selenium, calcium, choline, tryptophan (4) Protein (low amount but good for snacking)	Nuts can improve blood sugar control.	Some seeds are the source of tryptophan, the amino acid that is the building block for serotonin. Choline helps with nerve function.

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NOTES:

1. Fruit – Fresh fruit is healthy, but many contain lots of sugar and can increase blood sugar levels. There are fruits that do not spike blood sugar and provide nutrients to support optimal mental health: apples, pears, oranges, kiwi, apricots, peaches, and cherries.
2. Mercury – There is concern about the content of mercury in fish. The older and bigger the fish, the higher the mercury content, so you may want to go for anchovies, herring, and salmon over larger varieties such as tuna and swordfish which tend to live longer and accumulate more mercury. To play it safe: it is recommended to eat no more than four portions of oily fish per week. Consider white fish if you have concerns about mercury: sea bream, sea bass, halibut, and turbot.
3. Seed vs Nut - A nut is a seed, but not all seeds are nuts. A seed comes from fruit and can be removed from the fruit. A nut is a compound ovary that is both the seed and the fruit, which cannot be separated.
4. Tryptophan – Yes, this is in protein-rich food such as turkey. Please do not think eating lots of Thanksgiving turkey is the key to getting tryptophan to your brain. Tryptophan in a protein-rich food item competes with all the other amino acids in the same food while the brain selectively determines which ones can enter; tryptophan loses in that competition. Research shows that tryptophan from seeds seems to make its way into the brain and helps reduce anxiety.

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