FEED YOUR MIND

ALTIUS MIND INSTITUTE

How nutrition impacts mental health

Why What You Eat Affects How You Feel

Knowing the why and how what you eat affects how you feel is essential for you to be motivated to take the first step towards change.

A healthy diet not only fuels your body but also plays a crucial role in supporting your brain and emotional well-being. Research shows that good nutrition can improve mood, reduce anxiety and depression, and increase energy levels.

Selhub, (2022) points out some of the ways food affects how we feel:

- The brain is always working and needs a steady supply of "fuel" from the food you eat.
- The quality of food directly impacts brain function and mood.
- High-quality foods(rich in vitamins, minerals, antioxidants): Nourish the brain.
- Protect against oxidative stress (cell damage from free radicals).
- Low-quality foods(processed or refined foods):
  - Can harm the brain as it struggles to remove harmful substances.
- Diets high in refined sugars can:
  - Disrupt insulin regulation.
  - Increase inflammation and oxidative stress.
  - Impair brain function.
  - Worsen symptoms of mood disorders, like depression.

Nutrients that boost mental health

Nutrients	Sources	Mental Health Benefits
Omega-3 fatty acids	Salmon, walnuts, chia seeds	Supports brain function and reduces symptoms of depression
B Vitamins	Whole grains, leafy greens, eggs	Vital for energy production and stress regulation
Magnesium	Almonds, Spinach, Dark chocolate.	Calm the nervous system and supports sleep
Probiotics and Fiber	Yogurt, Kefir, Legumes	Supports gut health influencing mood and cognition

DISCLAIMER

The food examples provided are general, research-based suggestions and should not replace professional dietary advice. We are not dieticians, so please consult a qualified nutrition expert for personalised recommendations

Quick Tips for Mental Well-being Through Diet

Simple steps you can take:

- Eat regular, balanced meals.
- Incorporate more fruits, vegetables, and whole grains.
- Stay hydrated.
- Limit processed and sugary foods.
- Experiment with cooking meals that make you feel good physically and emotionally.

Food feelings tracker!

Track How Food Makes You Feel

Track what you eat and how it impacts your mood and energy. Pay attention to how your body responds! Use this table to jot down your meals and feelings — you can start fresh with a new one each week.

DAYS	FOOD/SNACK	FEELINGS AFTER
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

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