

NUTRITION & MENTAL HEALTH

What we eat influences both our physical and mental health. Research shows that food is *the largest individual modifiable factor to help preserve memory and decrease risk of dementia and depression.*

FOODS TO FOCUS ON FOR IMPROVED MOOD



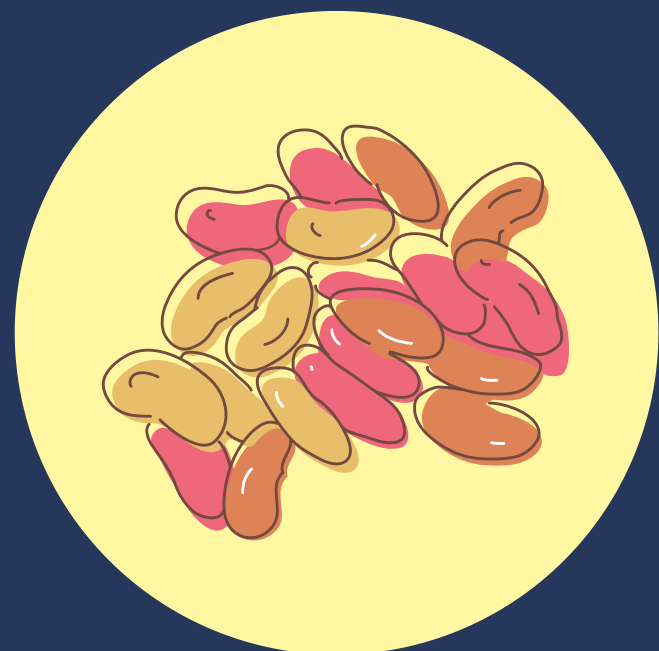
VEGETABLES & FRUIT

As per Canada's Food Guide, try to fill **half your plate** with vegetables and fruits. Try to consume dark green vegetables as they have important nutrients for your brain.



WHOLE GRAINS

Choose whole grains where possible, i.e., choose whole grain bread instead of white bread.



PLANT PROTEIN

Try having beans, lentils, tofu or another plant protein one meal a week. For example, have chickpeas instead of chicken in a salad!



HEALTHY FATS

Look for foods that contain Omega-3 fatty acids such as fish, nuts, olive oil, avocado, canola oil, chia seeds, and soybeans.




WATER

Make water your drink of choice.

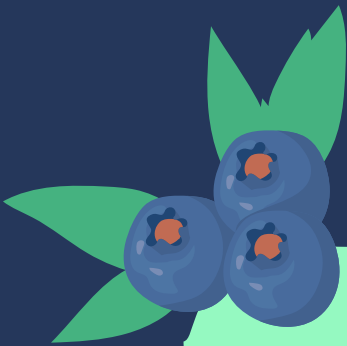
ADDITIONAL NUTRITION INFORMATION

Eating a variety of nutritious foods, especially plant-based foods will provide important vitamins, minerals and antioxidants so your brain can function at its best



Eat **MORE** whole foods like vegetables, fruits, whole grains, fish/seafood, nuts, seeds, legumes, olive oil, etc.

Eat **LESS** highly-processed foods. i.e., soft drinks, chips, candy, ice cream, fast food.



Having regular meals and snacks ensures that you are providing your brain with enough fuel every day!

TIPS TO PROMOTE NUTRITION IN THE WORKPLACE

1. Develop a workplace policy to promote healthy eating
 - Reach out to the TBDHU Workplace Wellness Program at 807-625-8315 for help getting started
2. Promote access to and availability of healthy food and drinks
3. Encourage meal breaks away from work areas
4. Be a role model. Your attitudes and actions influence those around you
5. Support and encourage one another!

Disclaimer: the information provided is for the general public and does not replace personalized health advice from a mental health professional.