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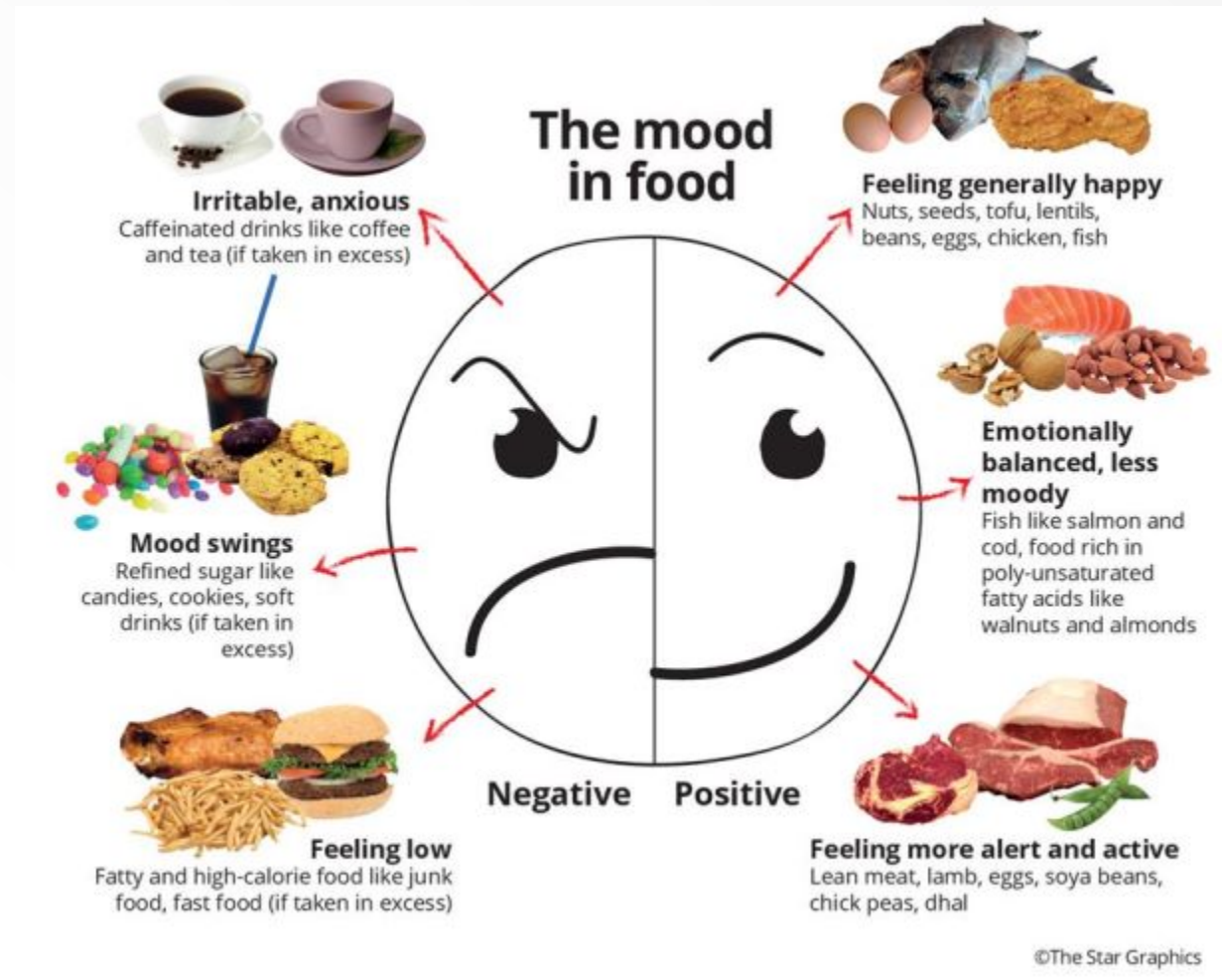


Learning Objectives:

- Understand the link between key nutrients and optimal brain function / emotions
- Calm down about carbs
- Q&A about weird and wonderful food claims that affect our mood / or brain function



Want we want vs what we need



Healthy Brain = Happy Brain

- Key nutrients:
 - **Carbohydrates** and **proteins** (amino acid: tryptophan) positively affects serotonin levels in the brain

- Starved brain = poor concentration, mood changes (depression, anxiety, shorter temper) and food obsessed aka cravings.







What about Carbs??



- Carbohydrates are our brains preferred fuel source.
- If you don't eat them, your body will use up it's stores (glycogen in the liver and muscles).
- Then it'll break down skeletal muscles and muscles surrounding organs to make glucose. Consequences: impaired immune system, muscle loss and associated fatigue/ ineffective organs (weak heart, delayed gastric emptying etc).
- If starvation (or low carb diet) persist for over 1 week, body switches to breaking down fat stores to create energy and by-product ketones.
- **HOWEVER**, ketones can be toxic to the bloodstream at high levels.
 - Dehydration, electrolyte disturbances, nausea & vomiting, fatigue, brain fog



Healthy Brain = Happy Brain

MAGNESIUM	 <p>Nuts (almond, cashew...), spinach, soy, avocado, oats, etc.</p>	Might mitigate anxiety in deficient individuals (the supporting evidence is weak).
ZINC	 <p>Meat (beef, pork, chicken...), seafood (oyster, lobster...), nuts (cashew, almond...), milk, etc.</p>	May mitigate depression in deficient individuals and reinforce the antidepressant effect of other foods and supplements.
VITAMIN D3	 <p>Mostly fatty fish (salmon, tuna, sardine...) and fortified milk.</p>	May mitigate depression, especially in people who don't get enough sun.
EPA, DHA	 <p>Mostly fatty fish (salmon, tuna, sardine...).</p>	EPA and, to a lesser extent, DHA may alleviate clinical depression, especially when used to complement standard antidepressant therapies.



So what can I eat?

- Three meals a day, +/- 1-3 snacks.
- Include lean protein and carbohydrate source at each meal, plus vegetables.
- Plan for healthy snacks along the way:
 - Handful nuts, fresh fruit, yoghurt
- Eat plenty of healthy fats (nuts, seeds, avocado etc).
- Stay hydrated.
- Don't forget to include treats along the way! (The brain loves chocolate)



QUESTIONS

