

Nutrition and Brain Health Overview

Brain Food: How nutrients (proteins, fats, carbohydrates, cholesterol, and minerals) work in the brain

- * Why does the brain need protein almost every day? How much protein do we need to eat? Does it matter where it comes from—Meat? Chicken? Fish? Dairy? Eggs? Soy? Beans?
- * What does cholesterol do in the brain? Is it better for the brain to have high cholesterol or low cholesterol? How much cholesterol should we eat?
- * How do iron and zinc operate in the brain? How can you maximize your brain minerals?
- * Which fats does the brain prefer to use? Saturated animal fat? Fish oil? Vegetable oil? Nuts? Coconut?
- * Why does the brain need a constant supply of sugar (glucose)?

Why is Sugar so Bad for the Brain (and Body)?

- * What is the difference between “good” carbs and “bad” carbs?
- * How does excess sugar damage the brain and body?
- * The invisible roller coaster: sugar, hormones, anxiety, and mood swings
- * What is insulin resistance?

Review of the Research: What We Know about Diet and Mental Health Disorders

- * Food Sensitivities and ADHD
- * The Mediterranean Diet and Depression
- * Insulin Resistance in Depression, Bipolar Disorder, Schizophrenia, and Alzheimer’s Disease
- * Summary of Nutrition Recommendations for Optimal Mental Health
- * Clinical Pearls: Incorporating Nutrition Counseling into Your Work with Clients