



Diet and Mental Health

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Abstract

The review article explains that the Food habits are uses self-treatment of different psychiatric disorders. It is reported that Diet are used in treating a broad range of mental health disorders including anxiety, stress, depression, obsessive-compulsive, affective, bipolar maniac-depressive, psychotic, phobic and somatoform disorders etc.

Keywords: Diet and Mental Health; Food; Depression

Introduction

Diet and Nutrition affects your body. Many studies have shown the connection between your food choices and your overall health. Eating a nutritious diet helps you keep a healthy body weight and a healthy heart. It also helps reduce your risk of developing some chronic diseases. New research finds that your food choices may also affect your mood and mental health. This is sometimes called the "food-mood connection".

People who don't have a healthy diet were more likely to report symptoms of depression or other mental health issues. And there appears to be some association between certain nutrients in food and emotional well being. These nutrients include omega-3 fatty acids, folic acid, vitamin D, magnesium, B vitamins, and tryptophan. These are all found in foods that are part of a healthy diet.

Factors that can negatively affect neurogenesis in adults include:

- Aging
- Oxidative stress
- High fat diets
- High sugar diets
- Alcohol
- Opioids.

Healthful foods and habits appear to promote neurogenesis. These include:

- Diets that include polyunsaturated fatty acids (PUFAs), curcumin, and polyphenols
- A diet that meets calorie needs without a person overeating or undereating
- Physical exercise
- Learning.

Directly to cognition and mood, thus modulation of hippocampal neurogenesis by diet has recently emerged as a possible mech-

anism by which nutrition may impact on brain plasticity, function and mental heal. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

Biological factors, such as genes or brain chemistry Early warning signs

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school.

Mediterranean diet

Among common diet plans, the Mediterranean diet has the strongest evidence supporting its ability to reduce the symptoms of mental health. It is also a diet that experts routinely recommend for overall health and well-being.

Compounds in the Mediterranean diet that:

- omega-3 fatty acids
- vitamin D
- Methylfolate
- S-adenosylmethionine.

The Mediterranean diet consists of:

- Plenty of fruits and vegetables
- Whole grains
- Potatoes
- Cereals
- Beans and pulses
- Nuts and seeds
- olive oil
- Low-to-moderate amounts of dairy products, fish, and poultry
- Very little red meat
- Eggs up to four times a week.

Foods or diets to avoid

- Processed foods
- Fried foods
- Refined grains, such as white bread
- Sugary products
- Beer.

Similar unhealthful dietary patterns that typically lead to obesity, diabetes, and other physical health problems can also contribute to poor mental health.

Reviews

- T. S. Sathyanarayana Rao [1] findings that the Omega-3 fatty acids, Vitamin B12 (Cynocobalamin), Folate, Calcium, Chromium, Iodine, Iron, Lithium, Selenium, Zinc are influencing an individual's psychological health status.
- Lynn harbottle and Nicola Schonfelder [2] reviewed that the omega 3, zinc etc... certain nutrients may be important in the pathogenesis and treatment of depression.
- Adrienne O'Neil, *et al.* [3] Findings that highlight the potential importance of the relationship between dietary patterns or quality and mental health early in the life span.
- Lauren Owen and Bernard M Corfe [4] suggested that the modified Mediterranean diet rich in fruits, vegetables, whole grains, and seafood (if not vegetarian) and low in processed, refined foods for optimizing mental health.

- Eva Selhub MD [5] asked that the brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain's enclosed space.
- Preeti Khanna, *et al.* [6] suggested that the Micronutrient deficiencies and malnutrition can impact the physical and mental development of a child. Given that the average age of onset for anxiety and mood disorders is 6 years and 13 years, the area of nutritional neuroscience needs to be promoted for the prevention and management of depression (and other mental disorders) through a healthy diet.

Conclusion

The Mediterranean Diet is beneficial diet for overall health and brain health. It focuses on eating a variety of nutrient-rich foods such as fish, fruits and vegetables, beans, and whole grains. It also limits high-calorie, low-nutrient foods. Proved that the above reviews totally possible of mental health in pre-post.

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