



Introduction to Novelty Diet: Chandra Diet, an Emerging Approach to Nutritional Psychology

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Abstract

Chandra diet is a dietary modification linking between nutrition and mental health by having a background from the Mediterranean and Okinawan diet as the basic foundation, making Chandra diet, that has the potential to be developed to be implications for individuals who want to be a diet with taking of importance to aspects of their mental health, with nutritional psychology as main aspect, Chandra diet has to be implements and promotes mindfulness and intuitive eating as the basic foundation for eating behavior; so that Chandra diet has very applicable innovations in addition to attaching importance to aspects of diet and diet, then attaching importance to eating behavior so that when we implement or use this diet method can be maximized in aspects of nutrition to mental health. The introduction of this novelty diet uses a descriptive research method that combines several aspects of problems and data so that it is used as an alternative solution to be developed in the future.

Keywords: Nutritional Psychology; Mediterranean Diet; Okinawan Diet; Eating Behavior

Abbreviations

NS: Nutritional Psychology; MI: Mediterranean Diet; OI: Okinawan Diet; EO: Eating Behavior; MG: Mindful Eating; IA: Intuitive Eating

Introduction

Based on Historical, The development of diet methods has a varies greatly, ranging from a diet that focuses on the daily consumption of protein to a focus on the daily intake of consumption of vegetables and fruits. However, of the many dietary methods that have been found, but there are not many diets that focus on mental health, therefore, there are many innovative diet methods that revolutionize, one of which is chandra diet, Chandra diet is one of the diets that focuses and attaches importance to aspects of mental health as its main foundation which is the fundamental pillar Nutritional Psychology (NS) is pertinent with the ideas of integrative health, particularly for mental health clinicians who

want to further participate in the integrative health movement. Integrative health is a branch of medicine that emphasizes a holistic, patient-centered approach to healthcare. These movements' major goal is to treat the patient as a full person, rather than merely a constellation of symptoms or a broad scope region. This movement's central assumption is that each patient represents a unique, intricate, and interrelated set of circumstances that modify the individual's basic functioning. Each of these characteristics must be handled in order to achieve happiness. NS is also consistent with total health ideals, which are a new transforming approach to health and wellness that empowers and enables people to take care of their physical, mental, and spiritual well-being and live their lives to the fullest [1]. Nutritional psychology (NS) maintains that what we eat can have an impact on our mental health. This is because there are ingredients in foods that can affect the metabolic system in the human body and affect brain performance. In this case, many studies have shown that following a healthy diet can

help to maintain mental health conditions. Behavioral health refers to a broad spectrum of emotional and mental well-being behaviors and illnesses, which can range from coping with daily concerns to behavioral health disorders or mental diseases including depression, anxiety, and other psychiatric conditions [2]. Nutrition has a role in the prevention and the treatment for any medical issues especially for mental disorders [3]. Using nutritional psychology related to clinical nutrition has been implicated in the underlying pathology of behavioural health disorders because of the essential role of nutrients in the neuroendocrine system. Nutrients, including tryptophan, vitamin B6, vitamin B12, folic acid (folate), phenylalanine, tyrosine, histidine, choline, and glutamic acid are necessary for the production of neurotransmitters such as serotonin, dopamine, and norepinephrine, which are involved in the regulation of gut and brain [2]. Then, the foodstuffs source from Marine-derived omega-3 (n-3) fatty acids can regulate dopaminergic and serotonergic neurotransmission, which can decrease both behavioural health disorders itself [4]. As a result, nutrient intake in the body can impact behavioral health disorders, and if poor diet quality leading to inadequate nutrient intake is a risk factor for the development of behavioral health disorders, and therefore a target for prevention of these illnesses. Furthermore, dietary deficiencies must be addressed in the treatment of behavioral health issues [5]. So that nutritional psychology has an important role to regulate the diet or diet of each individual so that his health can be maintained and his mental health. In addition to nutritional psychology as the main foundation in this dietary concept.

Chandra diet has a basic concept of diet-derived from the Mediterranean diet, The Mediterranean diet has its origins in a section of terrain deemed unique in its sort, the Mediterranean basin, which historians refer to as “the birthplace of civilization,” because the whole history of the ancient world took place inside its geographical bounds. The Mediterranean diet is a highly unique and adaptable approach that balances nutrients in one serving, including aspects of protein, carbs, vitamins, and minerals in each meal. The Mediterranean diet, generally recognized as a food model, improves the quality and safety of foods as well as their connection to the area of origin. It provides a basic meal that is rich in inventiveness and flavour, utilizing all parts of a balanced diet. It is an ethical option that maintains the traditions and practices of the Mediterranean Basin’s peoples. Feeding may have a significant impact on an individual’s health since a high nutritional status helps to maintain

a healthy level of health and prevent metabolic illnesses such as obesity, diabetes, hypertension, etc. The Mediterranean Diet is also a “resource for sustainable development that is very important for all the countries bordering on the Mediterranean, due to the economic and cultural impact the food has throughout the region, as well as the ability to inspire a sense of continuity and identity for local people”[6]. We may learn about vegetables in the Mediterranean diet, which can be prepared in a number of ways, sources of carbs other than bread and rice, and protein sources other than animal meat, making the Mediterranean diet a healthy and safe diet. Furthermore, the main food idea adopted by the Chandra diet is the Okinawan diet. Much of the lifespan advantage in Okinawa is assumed to be connected to a healthy lifestyle, which includes the traditional diet [7]. It is low in calories but high in nutrients, including vitamins, minerals, and phytonutrients, some of which have nutraceutical value A typical dinner would begin with Okinawan-style miso soup. Unlike the Japanese version, Okinawans choose to top their miso soup with tofu, fish, pork, or veggies. Champuru, nbushi, and irichi are the three basic culinary styles. The main course was usually a champuru (stir-fried) vegetable meal dominated by vegetables such bitter melon, cabbage, bamboo shoots, or others, complemented by a side dish like konbu seaweed. Typically, this is cooked with a tiny quantity of oil or pig fat, bonito broth (for taste), and small portions of fish or boiled pork. Nbushi style cooks water-rich vegetables like daikon (a kind of big white radish), Chinese okra, carrots, or pumpkin in their own juices, seasoned with miso. Irichi cooking involves a combination of simmering and stir-frying since it concentrates on fewer water-rich vegetables. Favorites include burdock, seaweed, dried daikon, and green papayas. The dinner was usually served with freshly produced sanpin (jasmine) tea, which was occasionally followed by locally brewed awamori [8].

So that the Okinawan diet has a healthy diet aspect that is safe to use as the basic concept with clinical nutrition and nutritional psychology as well, besides that the Okinawan diet has characteristics including [9]

- Low-calorie intake
- High consumption of vegetable
- Consumption of legumes
- Moderate consumption of fish products

- Low consumption of meat products
- Low fat intake
- Emphasis on low-GI Carbohydrates.
- Low consumption dairy products
- High fibre intake.
- Moderate alcohol consumption.

In addition to the diet's foundation, which is the concept of forming a Chandra diet, it is important to pay attention to the aspect of EO (eating behaviour). Because the Chandra diet has nutritional psychology as its main foundation, the aspect of eating behaviour is very important because EO can stimulate mental performance to be more optimal and can maintain psychological health.

Materials and Methods

This research using a literature search was carried out in scientific databases and advanced nutrition books covering nutritional psychology, Mediterranean, Okinawan diet, eating behavior. Information provided by the different clinics or specialized associations was used. Then this research using descriptive research for description how the potential Chandra diet in the future.

Results and Discussion

Based on the study literature conducted by researchers, it can be described that the chandra diet has good potential in the future as a diet associated with attaching importance to mental health, besides that the chandra diet applies aspects of the Mediterranean diet and okinawan diet as the main foundation, besides that the diet chandra has excellent implications and potential to promote eating behavior as a whole, Eating behavior methods that can be applied to promote in the diet are intuitive eating, and mindful eating. Intuitive Eating is defined as "the dynamic process- integrating attunement of mind, body and food". It refers to a type of eating that is primarily reliant on hunger and satiety cues to manage food intake. As a result, a deep connection with internal body signals, referred to as interoceptive awareness, is essential to this process. Tribble and Resch created this eating habit in 1995, but it wasn't

until 2006 that Tylka and colleagues operationalized intuitive eating features [10]. Several studies have now shown four essential components of intuitive eating to be scientifically confirmed [11]. The four components of intuitive eating aid in the removal of impediments to intuitive eating: An developing method to Nutr Hosp. eating behavior interoceptive awareness and increase such awareness in connection to food consumption, with a strong emphasis on body appreciation itself [12]. The following are the key components of intuitive eating style: 1) Unconditional permission to eat when hungry and whatever food is desired, which runs counter to diet thinking. People who respond unconditionally to emotions of hunger and food cravings do not likely to categorize food as "good" or "bad," instead viewing all foods as emotionally neutral. 2) Eating for physical rather than emotional reasons reveals the intuitive eater's reliance on internal hunger and satiety cues to choose when and how much to eat. Recognizing hunger and satiety indicators is not enough to eat intuitively; a strong dependence on these signs must be formed, and 4) Body-Food Selection Congruence has just been identified²⁷. Gentle nutrition is used to guide dietary choices that fulfill both bodily and sensory demands. This implies that intuitive eaters are aware of how their bodies react to different foods, typically picking foods that benefit their bodily functions while still considering flavor as a key component of food selection [13].

Mindfulness is already being researched, and mindful eating is a characteristic that has recently attracted attention. Many studies have looked at the benefits of mindfulness and meditation, but there has been a need to research how these practices may be practically implemented into one's life, and whether or not these practices have a significant impact on one's mind when examined in isolation. As a result, the purpose of this study was to investigate the relationship between mindful eating, sometimes known as "food meditation," and mental well-being. Overall, attentive eating was associated with higher levels of mental well-being in this cohort, suggesting that those with higher levels of mental well-being are more mindful eaters. As a result, the hypothesis was supported. The chandra diet idea must be food-based; certain meal menus promote aromatic food ingredients; aromatic foods can improve brain activation and manage mental wellness. Aromatic food items include lemongrass, ginger, oregano, and thyme, which may be employed advantageously in line with the main ideas of the chandra diet, which emphasizes aspects of nutritional psychology.

Conclusion

The final result of the description of the research conducted by the researchers found that the Chandra diet can be a very potential diet for mental health, because the basic concepts used based on nutritional psychology and the combination of diet and the promotion of eating behavior can maintain mental health as well.

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