



# Healthy Eating

## Nutrients in Mental Health

### **Carbohydrate**

Significantly affects mood, Increases insulin, which increases tryptophan, which increases serotonin, which enhances mood, helps with sleep.

### **Protein**

Breaks into amino acids, to be rebuilt into many hormones, neurotransmitters, etc. that greatly affect the brain function and mood.

### **Fat**

Regulates brain function, helps to transport some vitamins.

### **Thiamin**

Helps metabolize glucose for brain.

### **Vitamin B-12**

Metabolizes some amino acids.  
Helps to protect against a range of mental disorders.  
Helps prevent Neural tube defects in developing babies.

### **Niacin**

Involved in releasing energy from carbohydrate and protein. Deficiency can lead to mental problems including irritability, memory loss, inability to sleep, emotional instability.

### **Vitamin B-6**

Some drugs can cause deficiency.  
Helps produce brain neurotransmitters.  
Mental changes = fatigue, insomnia, irritability, depression, etc.

### **Vitamin E**

Fat soluble vitamin.  
Deficiency can cause dizziness, vision changes, muscle weakness.

### **Vitamin A**

Can be dangerous with both deficiency and toxicity.  
Can cause headaches, pressure in head, night blindness.

### **Iron**

Trace mineral.  
Deficiency can cause anemia, lack of oxygen to brain, weakness.

### **Magnesium**

Aids in carbohydrate metabolism.  
Deficiency can cause impaired brain function.

### **Copper**

Involved in iron metabolism.  
Deficiency can cause anemia, impaired brain function, lower immune system response, etc.

### **Zinc**

Helps maintain cell wall structure.  
Deficiency can cause neurological impairment, change in appetite, smell, vision.

### **Selenium**

Deficiency is rare, but toxicity can occur in areas with high Selenium soil (China).  
Toxicity can cause fatigue and irritability.



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## 55 Ways to get 5/a/Day

1. Keep single serving juice (100%) boxes in your car.
2. Add zucchini, carrot or sweet pepper strips to your lunch bag.
3. Freeze unsweetened fruit juice into ice cubes or pops.
4. Peanut butter and banana sandwiches.
5. Load sandwiches with spinach, tomatoes and sprouts.
6. Top cereal with fresh or dried fruit.
7. Whirl up a fruit shake with your favorite fresh fruit, milk, and yogurt.
8. Stir dried fruit into muffins.
9. Drink a glass of 100% fruit juice- anytime!
10. Use spaghetti squash instead of pasta or rice in your favorite dishes.
11. Prepare jello with juice (100%), or add fruit slices.
12. Marinate a variety of sliced vegetables with low fat Italian dressing and use with turkey in a pita pocket.
13. Top your pancakes with fruit instead of syrup, or mix fruit in the batter.
14. Use the same amount of pureed canned beans for oil in cake mixes for a low fat treat!
15. Mash or puree fruit, sweeten lightly and serve over ice cream.
16. Add vegetables to a can of soup.
17. Substitute finely chopped vegetables with low-fat ricotta cheese for meat in your lasagna recipe.
18. Keep cut vegetables in cold water in the front of your refrigerator.
19. Buy precut packages of broccoli, carrots and cauliflower.
20. Put fruits and vegetables out while dinner is being prepared.
21. Put single serving raisin boxes in your cookie jar.
22. Microwave veggies for 5 minutes in the microwave.
23. For a treat, pour sprite over cut up fruit in a cup.
24. Use tomatoes to make fresh salsa, mix chopped tomatoes with minced onion, garlic and cilantro.
25. Order extra vegetables when eating out.
26. Prepare a berry spritzer by adding berry puree to sparkling water.
27. For variety try a veggie potato bar.
28. Add slices of fruit to your sandwich.



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29. Use fruit on top of salads.
30. Garnish your favorite dishes with colorful fruits and vegetables.
31. Add pureed or finely minced vegetables to meatloaf.
32. Quick veggie pizza: top a pita pocket with spaghetti sauce, lowfat cheese and vegetables.
33. Bake pears or bananas with brown sugar and pineapple juice. Stuff them with raisins and spices.
34. Serve cut up fruits and vegetables with a yogurt dip.
35. Use greens other than iceberg lettuce in salads.
36. Mash ripe bananas into muffin or pancake recipes.
37. Top a baked potato with salsa.
38. Make a yummy fruit salsa using grapes, pineapples and mangoes with brown sugar and onions.
39. Add veggies to your pasta.
40. Serve cucumber slices instead of crackers with dips and spreads.
41. Add 1-3 times more vegetables in casserole recipes.
42. Have a fresh grapefruit lightly sweetened with brown sugar or honey for breakfast or snack.
43. Try something different. Go meat free in sandwiches and make it a veggie sandwich instead.
44. Don't forget about topping yogurt with fresh or dried fruit.
45. Take along dried fruit as a snack.
46. Pack an apple for your commute home.
47. Top ice cream with fresh fruit.
48. Use pureed fruit for a sauce over meat.
49. Add pureed vegetables to thicken sauces, soups, or casseroles.
50. Top bagels or toast with pureed fresh fruit.
51. Have a glass of juice (100%) for breakfast to start the day off right.
52. For a south of the border flavor, make a layered vegetable burrito. Start with rice, beans, cheese and corn.
53. In place of stir fry or teriyaki sauces, use undiluted frozen 100% juices like mountain cherry by Dole.
54. Include 1 fresh fruit and 1 fresh vegetable in all brown bag lunches.
55. Be experimental. Try one new vegetable or fruit (or a different method of preparation) each week.



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## Healthy Meetings in the Workplace

Establish a model of healthy living by the meetings you host. Offer healthy options of food and beverage. If meetings get lengthy, provide a quick physical activity stretch break.

### Breakfast foods:

- Fresh fruit in bite-sized pieces or a bowl of fresh fruit
- Mini muffins or cut large ones in half
- Flavored yogurt – low fat or fat free
- Fruit bread – skip the butter or margarine
- Bagels, small served with low – fat cream cheese, or fruit spread
- Granola bars
- Hard boiled eggs
- Pre-packaged cinnamon applesauce

### Snacks:

- Fresh fruit – cut up and offered with low-fat strawberry yogurt
- Air popped popcorn sprinkled with cheese powder
- Baked tortilla chips offered with salsa dip
- Baked chips
- Pita wedges with flavored hummus or low- fat peanut butter
- Chocolate or confetti angle food cake
- Trail mix
- Reduced fat whole wheat crackers
- Unfrosted cake cut in 2 inch squares
- Gingersnaps with pumpkin dip
- Pretzels – regular or soft, served with sweet mustard dip
- 2 inch oatmeal raisin cookies
- Whole grain crackers
- Flavored rice cakes
- Raw vegetables – cut up and served with a low-fat dressing for a dip

### Lunches and Dinners:

- Select a lower fat entrée (12-15 g fat or less)
- Offer a low-fat vegetarian entrée
- Avoid fried foods or cream sauces
- Include fresh fruit
- Have the desserts cut into half size pieces
- Include at least one vegetable – cooked or fresh
- Include whole grain bread – skip butter and margarine
- Serve salads with dressings on the side – offer at least one low-fat dressing
- Box lunch sandwich: meat, cheese and vegetables on whole grain bread. Offer meal with fresh fruit, baby carrots or coleslaw and flavored water or skim milk.

### Serve fruits and vegetables:

- Apple or banana slices with peanut butter dip
- Washed grapes cut into small bunches of 6-8
- Pineapple and melon chunks
- Orange and kiwi wedges – unpeeled
- Vegetable coins – sliced cucumber, carrot, zucchini
- Jicama sticks, carrots, fresh pea pods and green beans
- Seasonal fruits such as tangerines or clementine
- Dried apricots, prunes, raisins, bananas, apples, melons, pineapples, papayas, cantaloupes, water-melons, pears, peaches, and strawberries

### Beverages

- Skim, 1% or flavored milk
- 100% fruit juice with calcium
- Bottled water, flavored, sparkling or regular
- Tea, served hot or cold
- Skim or 1% milk as creamer



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## Change the Fat, Not the Flavor

### When the recipe calls for:

Cream or butter to thicken soups .....

Oil or butter in muffins or bread .....

Oil in cake mixes.....

Oil to sauté .....

Cream or whole milk .....

Sour cream.....

Cheddar cheese in large amounts.....

Full fat salad dressing.....

Whole eggs.....

Oil or butter in pastries or rolls.....

Shortening, full amount.....

Regularbacon.....

Tuna packed in oil.....

Fudgesauce.....

Sugar.....

Meat drippings to baste meat .....

### Use:

Vegetable purees, potato flakes, or milk powder

Applesause or plain nonfat yogut, Pop

Same amount of pop, any flavor

Chicken or beef broth, soy sauce, or fruit juice

Skim or evaporated skimmed milk, using a little flour or cornstarch to thicken

Fat free version, or plain nonfat yogurt

Small amounts of mozzarella or parmesan cheese sprinkled on top

Plain or seasoned red wine vinegar

Egg whites (2 whites for each whole egg)

Skim milk

Reduce amount by 1/3 to 1/2

Canadian bacon, lean turkey bacon, lean ham

Tuna packed in spring water

Chocolate syrup

Fruit juices

Fruit juices or marinade

### Extra tips:

After cooking ground beef, drain and rinse in a colander, blot with white paper towel, then return to pan and add other ingredients to complete the meal.

Grill, broil, or roast meat and poultry on a rack so the fat drips out and away.

Sauté vegetables in liquid (broth, water, etc.) instead of oil.

Thicken soups with pureed vegetables, nonfat dry milk, or cornstarch.

Dust a cake with powdered sugar or top with fresh fruit instead of frosting.