



Care for Care Givers

Eat to nourish your Mind

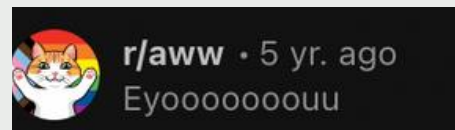
Yolanda wang, RD, ACSM-CPT



How do you feel today
on a cat scale?



Credit
to



on
Reddit

The background of the image shows several glass meal prep containers on a white marble surface. One container holds sliced chicken, snap peas, and broccoli. Another has salmon, a cherry tomato, and basil. A third is filled with rice, green beans, and a hard-boiled egg. There are also some fruit containers and a green cutting board visible.

?

**What role does food play in
your life?**

REFLECT OR SHARE IN THE CHAT!

TODAY'S SESSION

Knowledge

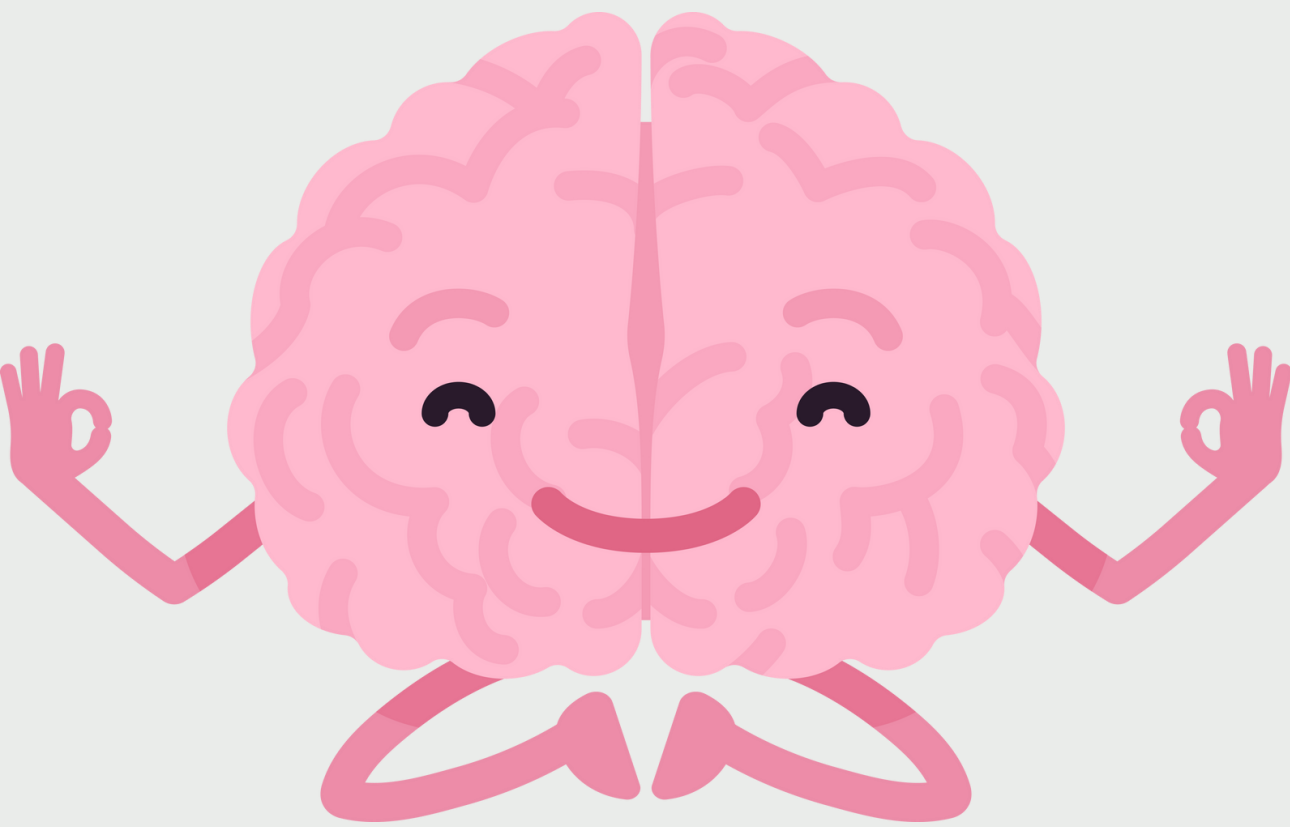
- **Definition of Brain Health and Mental Health**
- **The Role Food Plays in Brain Health and Mental Health**
- **Healthy Food Patterns**

Practical tips

- **Tips on Healthy Meal Prep**
- **Healthy Food Patterns in Action - demo**
- **Dine-out options?**
- **Questions and Answers**



BRAIN HEALTH



Brain health is the state of brain functioning across cognitive, sensory, social-emotional, behavioural and motor domains, allowing a person to realize their full potential over the life course, irrespective of the presence or absence of disorders.



MENTAL HEALTH

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.

[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/MENTAL-HEALTH-STRENGTHENING-OUR-RESPONSE](https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response)



MENTAL HEALTH CONT.



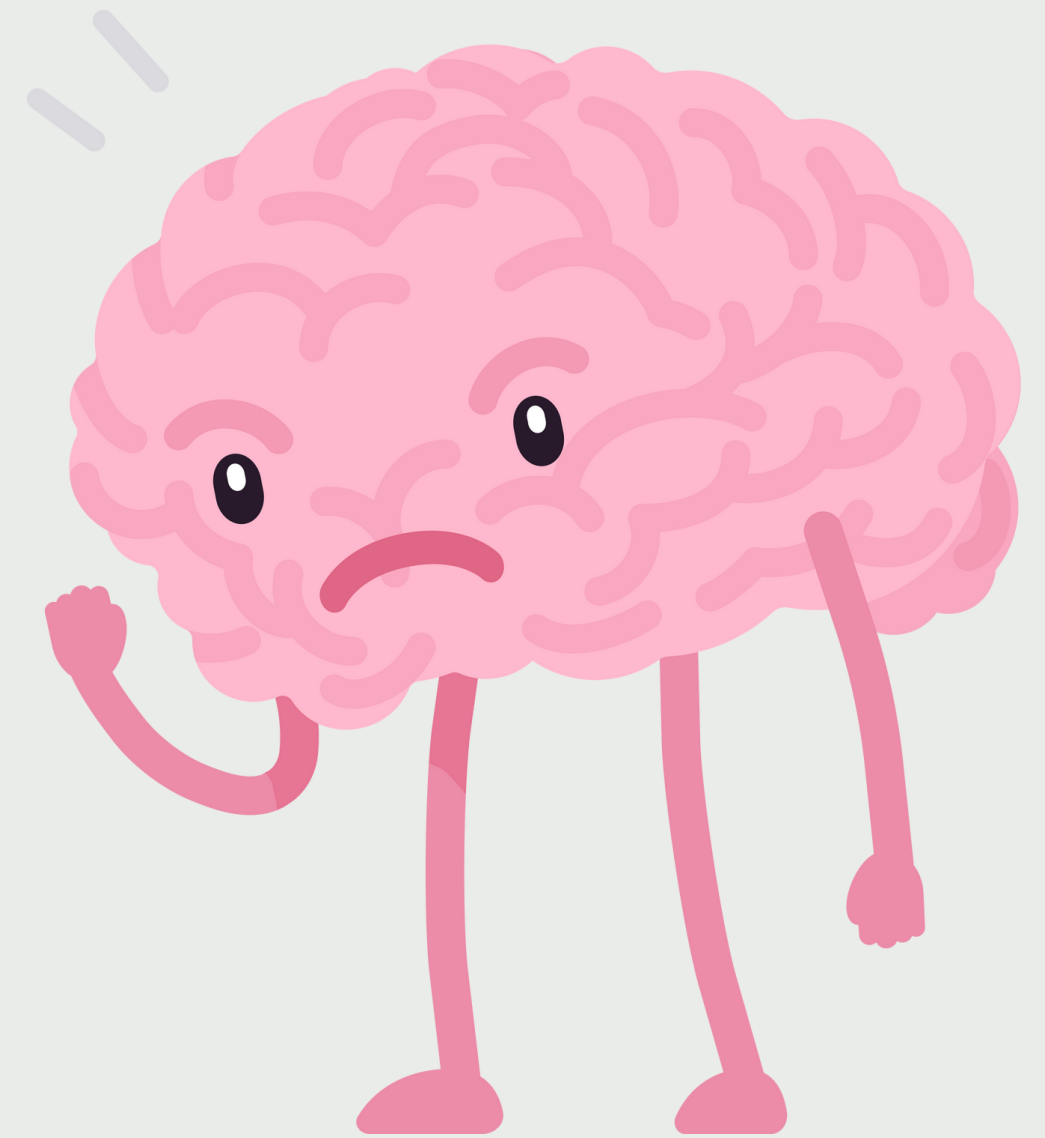
Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/MENTAL-HEALTH-STRENGTHENING-OUR-RESPONSE](https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response)



MENTAL HEALTH CONDITIONS & MENTAL HEALTH

Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always

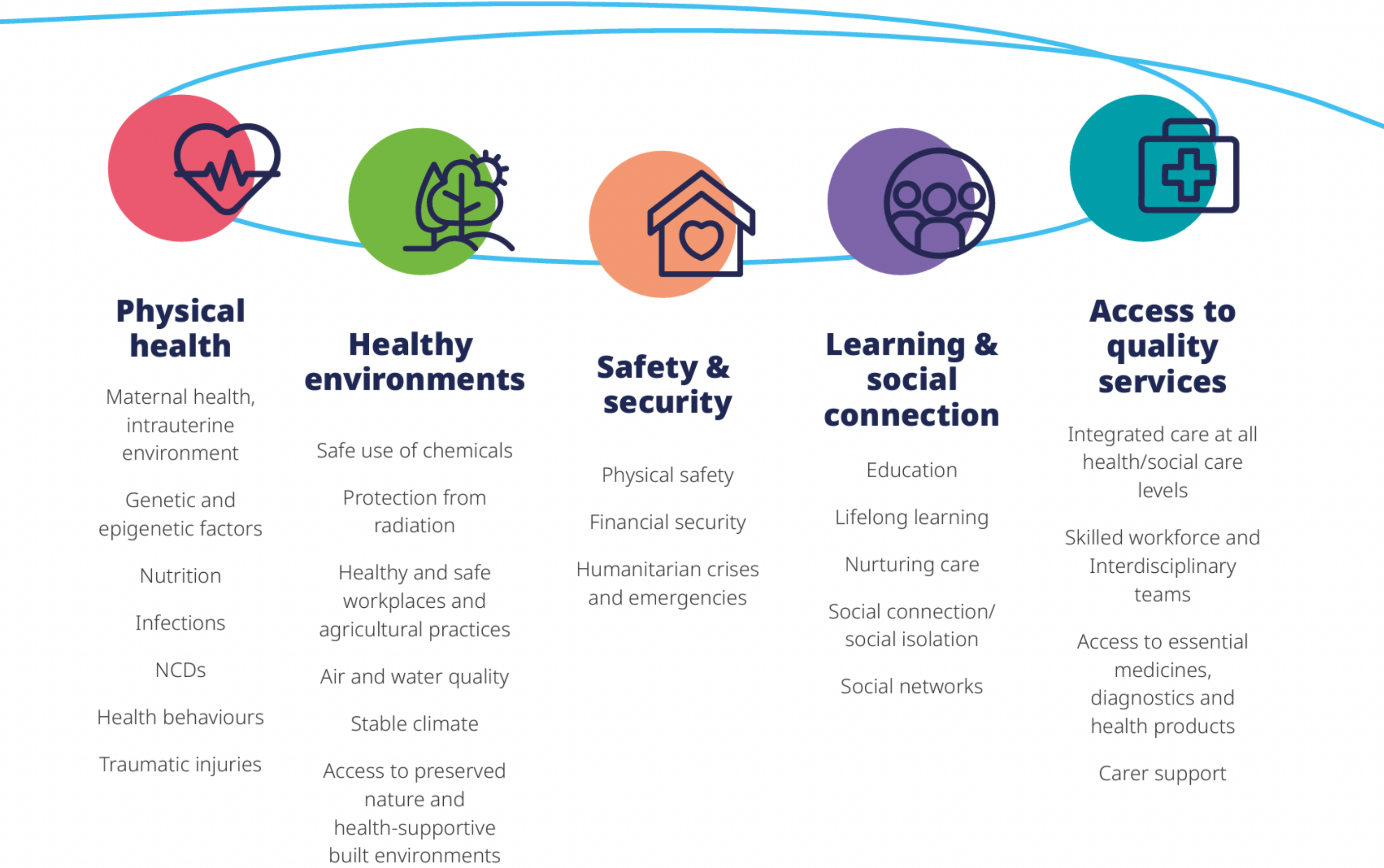


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The Role Food Plays in Brain Health and Mental Health

OPTIMIZING BRAIN HEALTH
ACROSS THE LIFE COURSE:
WHO POSITION PAPER

Figure 7.
Determinants of brain health across the life course



The Role Food Plays in Brain Health and Mental Health

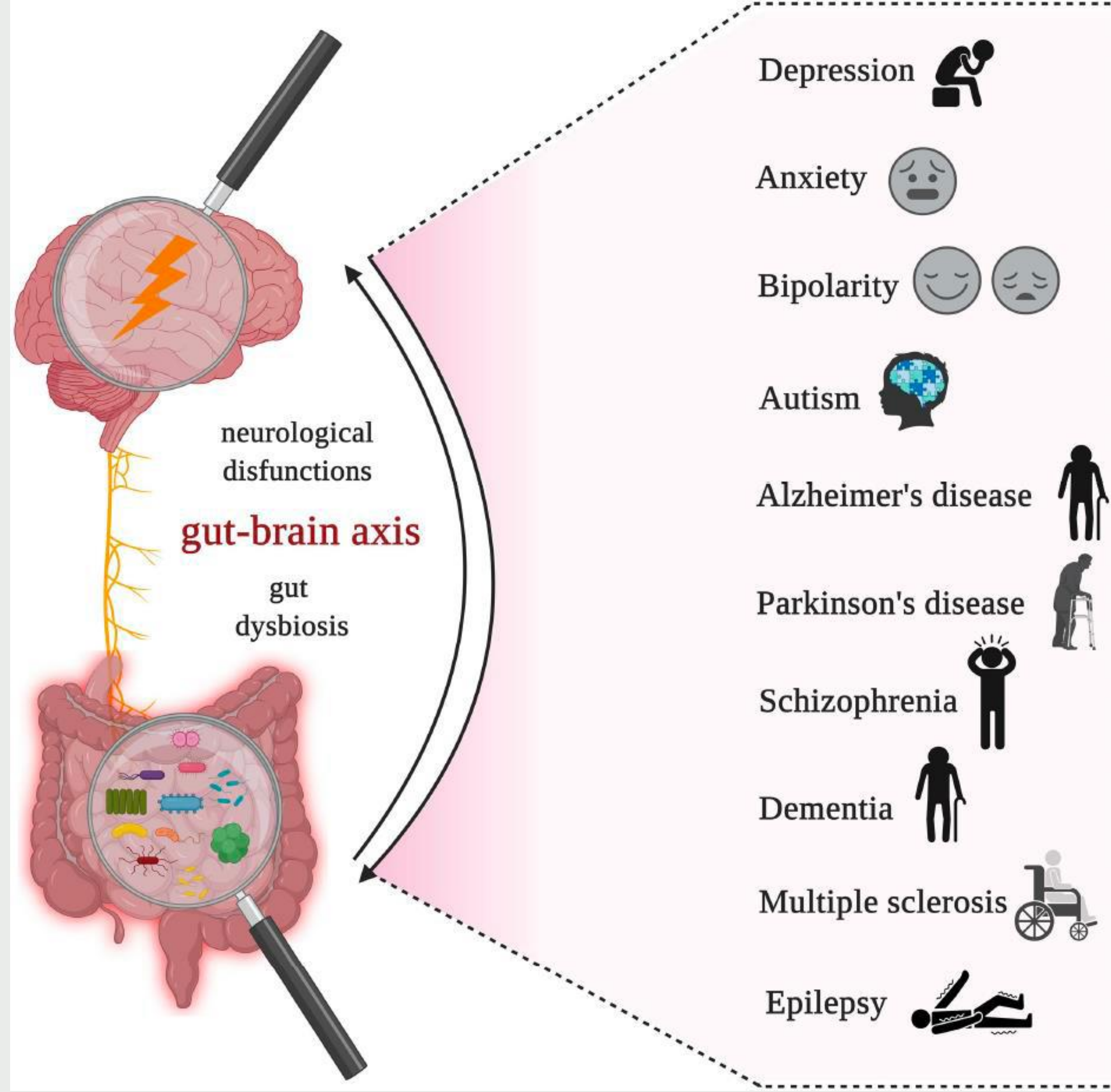
- “Brain Health is not independent of the body’s general health status.”
- Adherence to the Mediterranean, MIND, or DASH diet, or improvement of overall dietary quality may be related to reduced depressive symptoms.
- Healthy dietary patterns, such as the Mediterranean diet, MIND* diet, and DASH** diet are associated with reduced cognitive decline.
- Mediterranean diet and MIND diet are related to reduced risk of neurodegenerative diseases.
- Several individual nutrients (omega-3, curcumin, etc.) have been proposed to potentially promote brain health. However, conclusive evidence is lacking.

***MIND: Mediterranean-DASH Intervention for Neurodegenerative Delay**

****DASH: Dietary Approaches to Stop Hypertension**

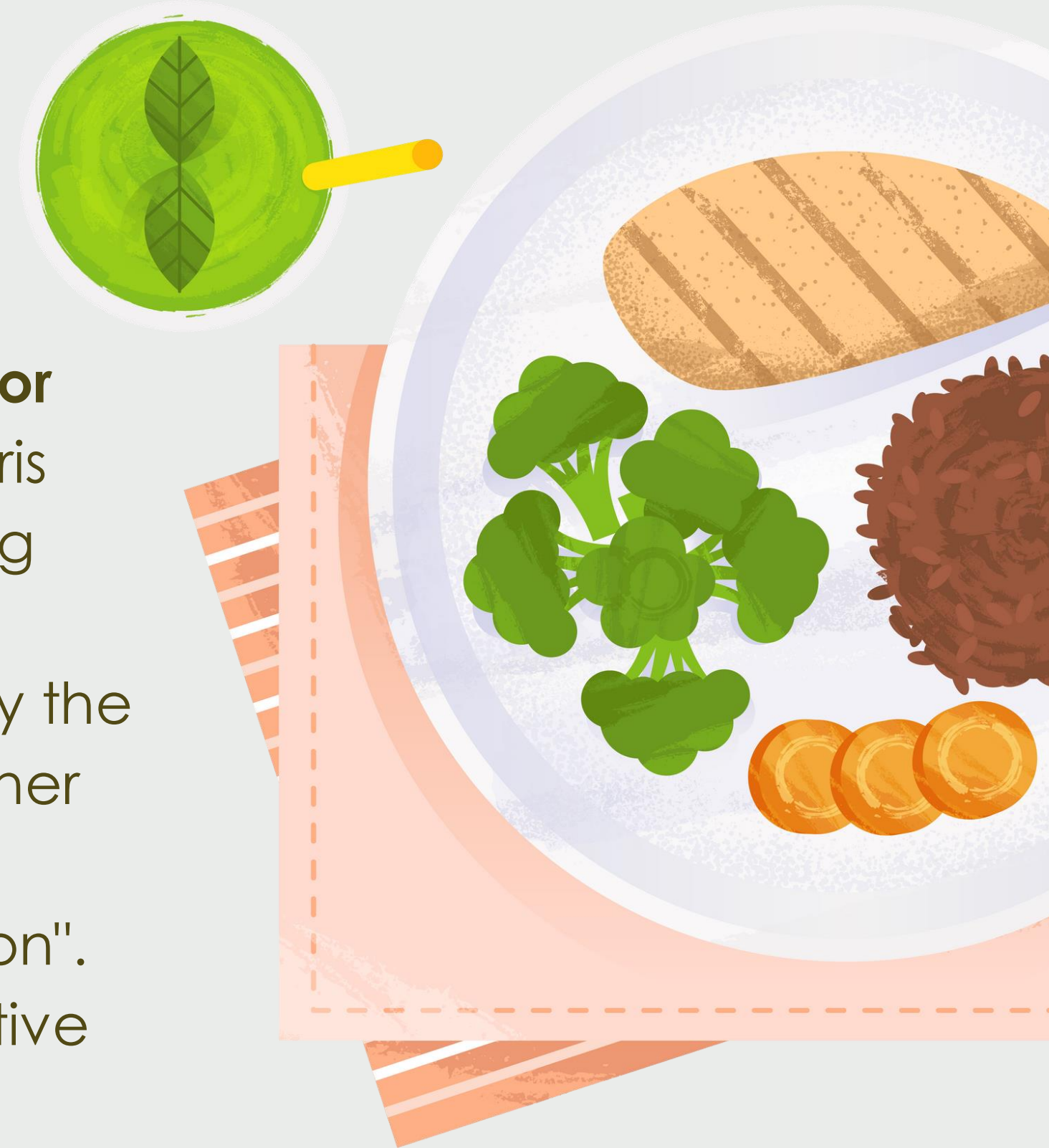
GUT-BRAIN AXIS

- The bidirectional communication between the gut and central nervous system (CNS) through microbiota.
- Has been proposed as the potential mechanism behind many chronic diseases.



DIETARY PATTERNS

- The **MIND diet** is “**Mediterranean-DASH diet Intervention for Neurodegenerative Delay**”. It was introduced by Dr. Morris and her colleagues in 2015 with the purpose of promoting brain health and preventing cognitive decline.
- The **Mediterranean diet** is a culture-based diet inspired by the dietary pattern of people living in Greece, Spain, and other countries around the Mediterranean Sea
- The **DASH diet** is "Dietary Approaches to Stop Hypertension".
- These diets have shown protective effects against cognitive decline.



Mediterranean Diet

MORE FREQUENT

- 3+ servings a day of fruits
- 2+ servings a day of vegetables
- 2+ servings a week of sofrito
- 3+ servings a week of nuts
- 5+ meals a week of beans
- Choose poultry over red meat
- 3+ meals a week of fish
- 4+ tablespoons of olive oil

LESS FREQUENT

- Less than 1 servings a day of red meat
- Less than 3 servings a week of pastries and sweets
- Less than 1 serving a day of butter or margarine
- Less than 1 serving a week of sweet or carbonated beverages



MIND Diet

MORE FREQUENT

- 3+ servings a day of whole grains
- 1+ servings a day of none-leafy vegetables
- 6+ servings a week of green leafy vegetables
- 5+ servings a week of nuts
- 4+ meals a week of beans
- 2+ servings a week of berries
- 2+ meals a week of poultry
- 1+ meals a week of fish
- Mainly olive oil if added fat is used

LESS FREQUENT

- Less than 5 servings a week of pastries and sweets
- Less than 4 servings a week of red meat
- Less than one serving a week of cheese
- Less than one serving a week of fried foods
- Less than 1 tablespoon a day of butter/stick margarine



STEPS OF HEALTHY MEAL PREPING



01

Plan Your
Meals
(and snacks!)

04

Pack & Store

02

Shop the
Ingredients

05

Revive the
Food.

03

Cook or
Assemble



Canada's Food Guide

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



PLAN YOUR MEALS - WITH RECIPE

01 Food groups, ingredients

02 Serving size

03 Time required

04 Storage life

Some recipe libraries:

Canada's
food guide

FOOD-GUIDE.CANADA.CA/EN/RECIPES/

UnlockFood.ca™

UNLOCKFOOD.CA



Cookspiration

COOKSPIRATION.COM



PLAN YOUR MEALS - WITHOUT RECIPE

01 Food groups - what's available at home, at store

02 Storage life

03 Flavour match

04 Assemble



SHOPPING TIPS

01

SHOP WITH A PURPOSE

Plan your meals and create a detailed shopping list based on your meal plan.

02

ESSENTIALS, BUY IN BULK

Buy non-perishable items in bulk, such as grains, legumes, and canned goods.

03

SHOP THE PERIPHERAL

Remind participants to focus on the outer aisles of the grocery store, where fresh produce, lean proteins, and dairy are usually located.

04

TREATS, BUY AS NEEDED

Some people have cravings for certain foods. If you wish not to have them too often, try buying a one-time amount only.



STOCK WITH STAPLES

Proteins:

- Canned fish like sardines, mackerel, tuna
- Dry or canned legumes like chickpeas, black beans, lentils)
- Nut and seed, and nut and seed butter (almond, peanut, cashew, etc.)
- Tofu, frozen edamame, frozen seafood (shrimp, fish)

Flavours:

- Well-stocked spice collection (they last a long time)
- Fresh garlic, shallots/onions, ginger
- Vinegar (balsamic, rice, white wine, etc.)
- Soy sauce (tamari made from miso paste)
- Canned tomato sauce

Carbohydrates:

- Whole grain pasta, quinoa, rice, noodles, etc.
- Root vegetables (potatoes, squash, etc.)

Fruits & Vegetables:

- Frozen fruit (berries, mango, etc)
- Frozen vegetables (frozen Stir-fry mix, Mexican mix etc).
- Canned/jarred vegetables (canned tomatoes, mushrooms, sauerkraut, pickles etc)
- Dried vegetables (black fungus, mushrooms, kelp etc)
- Other long-lasting vegetables: tomatoes, cabbage, broccoli, celery etc



COOKING OR ASSEMBLE



Ingredients

For the sauce

- 1/3 cup tahini
- 1 clove of garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp sesame oil
- Juice of 1 lime

For the rolls

- 1/3 cup of warm water
- 2 ounces of super thin rice noodles
- 8 sheets of rice paper
- Protein of choice: tofu, cooked prawns/shrimp, chicken etc.

- 2 cups of green leafy vegetables (lettuce spinach etc.), hard stem removed
- Fresh basil leaves
- Other vegetables as preferred
- Flesh of 1 avocado, thinly sliced (optional)
- roasted nuts as topping (optional)



COOKING OR ASSEMBLE

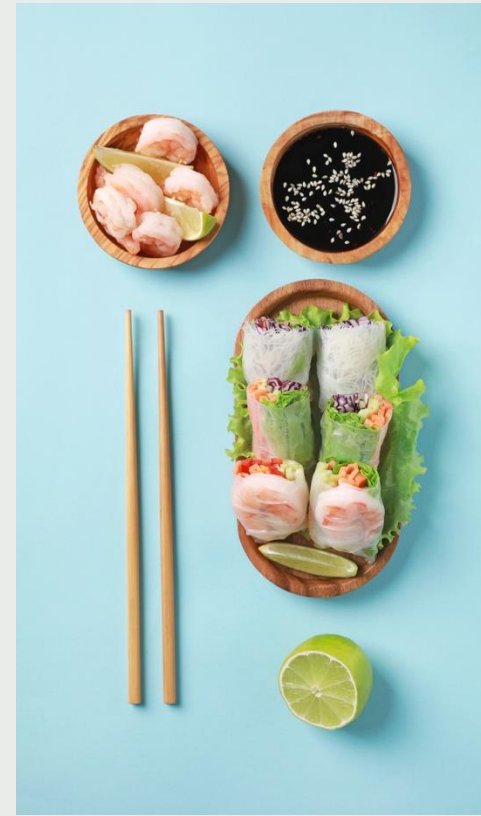


Instruction

1. In a bowl, use a whisk to mix the tahini with all of the sauce ingredients until smooth. Set aside.
2. Prepare the rice noodles and the rice paper sheets according to the manufacturer's instructions. Set aside.
3. Fill the rice paper sheets with slices of avocado, slices of nectarine, rice noodles, lettuce, nuts and herbs and then roll them up. Serve with the tahini sauce and pickled ginger, if desired.



LEFT OVER USAGE



Dinner

1. Microwave 1.5 minutes up 1 cup of previously portioned frozen rice
2. Top the bowl with leftover chopped vegetables from spring rolls
3. Add protein source of choice
4. Drizzle with teriyaki sauce

Snack

1. Carrot/cucumber/pepper sticks with hummus
2. Chicken/fish/seafood salad lettuce roll



COMMON COOKING METHODS

Here are some other methods that can make meal prep quick and easy:

- Batch Cooking
- Slow Cooking
- Oven roasting
- Freezing
- Prepped Ingredients + pre-made sauces and dressings



WHEN DINING OUT - MAKE MINDFUL CHOICES

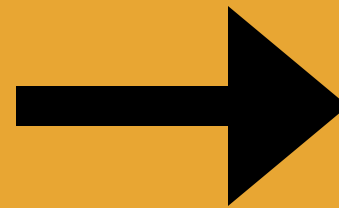
What do you value?

Nutrition?

Enjoyment?

Convenience?

Social connection?



What's direct factor?

Hungry

Craving

Emotion

Habit

WHEN DINING OUT - MAKE MINDFUL CHOICES

If nutrition and health are part of what you value, align your food behavior with your value by...

Prepare in advance to make nutrient-dense food convenient.

Increase options - try a different type of cuisine, different restaurants.

Encourage friends and colleagues to do it together.

DIETITIAN RESOURCES

- **Outpatient** Nutrition Clinic/ Community Dietitians – Free with referral if eligible
 - Ask your doctor/physiotherapist/nurse practitioner to refer
- **HealthLinkBC** – Free to all BC Residents
 - call [8-1-1](tel:8-1-1) (or [7-1-1](tel:7-1-1) for the deaf and hard of hearing) toll-free in B.C.
 - Email a HealthLinkBC Dietitian (enter the link <https://www.healthlinkbc.ca/healthy-eating-physical-activity/email-healthlinkbc-dietitian> or directly search the key word on Google)
- **Private Practice** Dietitians – Partially covered or free (with extended health insurance)
 - Dietitians of Canada - <https://www.dietitians.ca/search.aspx?searchtext=find+a+dietitian&searchmode=allwords>
 - BC Dietitians - <https://bcdietitians.ca/>



QUESTIONS?

