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Trainer, The Village



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Owner, Inspire Nutrition

Mindful Eating:

NOURISHING MENTAL WELLNESS
THROUGH NUTRITION

WHY THIS TOPIC?

Food
Diet
Weight
Nutrition

...

...

What goes on here?

?

Depression
Anxiety
Malaise
Mood

...

...

OBJECTIVES

- Identify how stress impacts what, when, and how much they eat.
- Learn how nutrition plays a role in how they feel mentally.
- Gain a better understanding of nutritional elements such as macronutrients, vitamins & minerals, and the relationship between our gut and brain.

APPROACH

- ▶ Conversational Q & A, *started* by Susan and Sarah—we want your questions!
 - ▶ Village Communications team will monitor chat and give voice to participant questions.
 - ▶ Slide deck will be shared with all registrants following the webinar
- ▶ Contact info shared at end of presentation

MEET SARAH TEE



- Registered Dietitian; Bachelor's degree in Nutrition and Dietetics; Master's degree in Public Health
- Advanced certifications in Advanced Nutrition and Health Policy and Management

Sarah has experience working with a diverse group of clients and cases and works individually with each person to focus on their needs. Sarah specializes in nutrition therapy, gut health, and aims to give a personal approach to each client's journey.

SETTING THE STAGE

Dietary profile affects not only the brain composition, structure and function, but also endogenous hormones, neuropeptides, neurotransmitters, and the microbiota-gut-brain axis, in turn playing a key role in modulation of stress and inflammation and in preservation of cognitive function.

<https://www.sciencedirect.com/science/article/pii/S0924977X19317237>

In addition to a healthy and balanced diet, the supplementation of micronutrients (eg, vitamins and minerals) and macronutrients (eg, fatty acids) can provide several beneficial effects, due to their multiple biological roles.

National Institute of Health

In other words...

What we eat affects our brain and our mental health.

When we eat better, we feel better.

FOOD FOR THOUGHT



How does what we eat, and the manor in which we eat, impact our nutrition and overall disposition?

What are those things, like stress, that impact our food choices?

What are ways that you cope with stress and anxiety?

HYDRATION

- At least 60-90 ounces of water daily
 - Mix water with juice or fresh lemons
 - Add electrolytes
- Minimize caffeine and alcohol

MACRONUTRIENTS

It's about balancing our blood sugar

MACRONUTRIENTS

Complex Carbohydrates

Ex: Whole grains, quinoa, wild rice, sweet potato

Make gradual swaps—can you make $\frac{1}{2}$ your grains whole?

Protein

Ex: meat, fish, eggs, dairy, beans, seeds

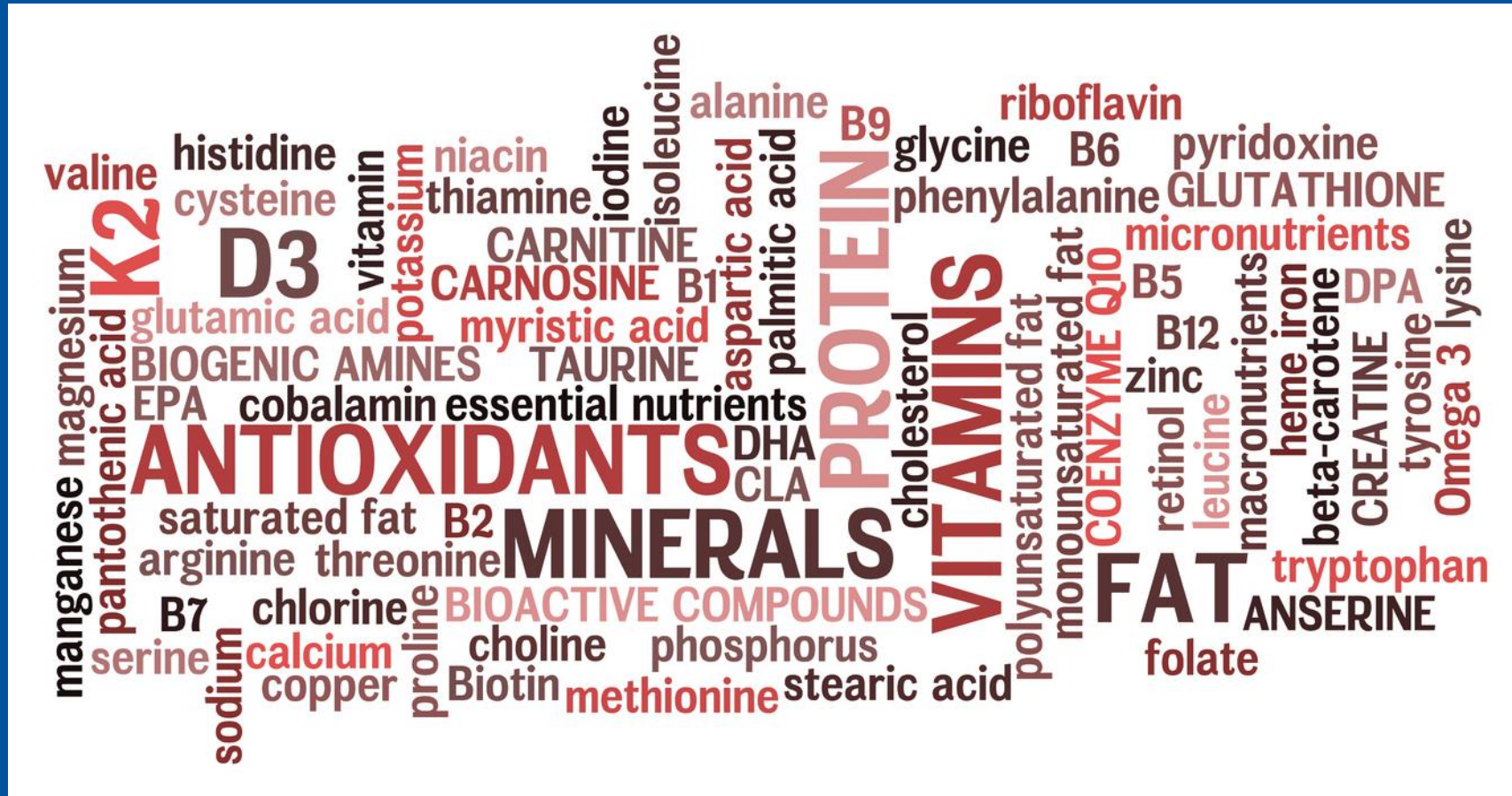
Aim for 20-30 grams each meal

Healthy Fats

Ex: Omega 3s in fish, nuts & seeds, olive & avocado oils

Can you eat fish once/week?

MICRONUTRIENTS



MICRONUTRIENTS

Vitamin D is key to good mental health

Can test your levels

Greatest outdoor exposure between 10am and 2pm

Supplements

Not one size fits all

What are you/are you not getting from your nutrition?

What is your gut function like?

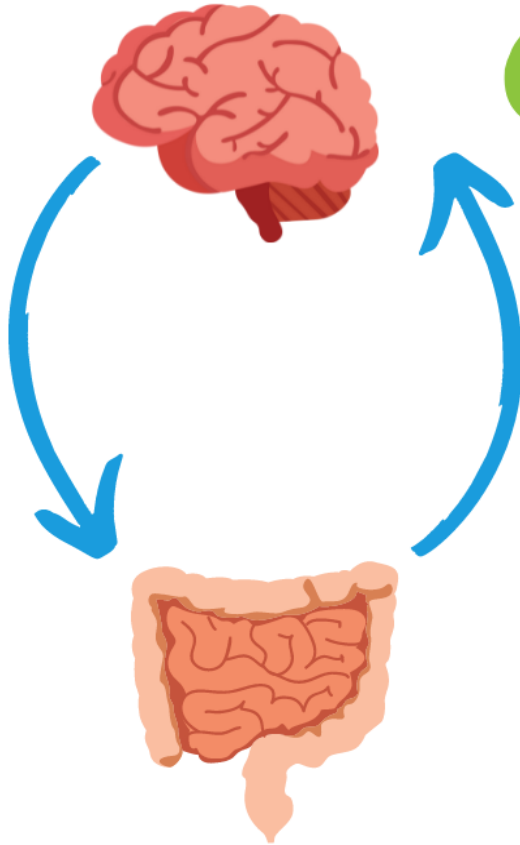
What is the Gut-Brain Axis (GBA)?

Brain To Gut

Stress, anxiety, and other mental health conditions have physiological consequences, such as disrupting gut motility and functionality, which results in symptoms such as constipation and stomach pain.

Gut to Brain

Enteric nervous system in the gut produces neurotransmitters such as serotonin and metabolites which impact mental health conditions such as stress, anxiety, and depression and may even contribute to personal characteristics.



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GUT – BRAIN CONNECTION

Gut → Second Brain

Impact of poor gut health:

Brain fog

Fatigue

Low energy

Irregular bowel movements

Poor skin health

Changes in metabolism



THE GUT MICROBIOME--PROBIOTICS

Probiotics—live microorganisms that are intended to have health benefits when consumed or applied to the body

National Institute of Health



AGED CHEESE



BITTER CHOCOLATE



KEFIR



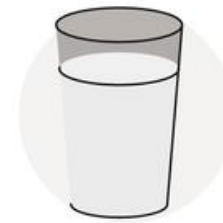
SOUR CREAM



MISO SOUP



PICKLES



PROBIOTIC MILK



YOGURT

- Influence your body's immune response
- Produce substances that have desirable effects

THE GUT MICROBIOME--PREBIOTICS

Prebiotics—nondigestible food components that selectively stimulate the growth or activity of desirable microorganisms National Institute of Health



ONION



SOY BEAN



ASPARAGUS



BANANAS



LEEK



BREAD



ARTICHOKE



GARLIC

A diet high in prebiotic foods supports the health of the intestines—improving digestion, supporting the immune system, and helping absorb nutrients

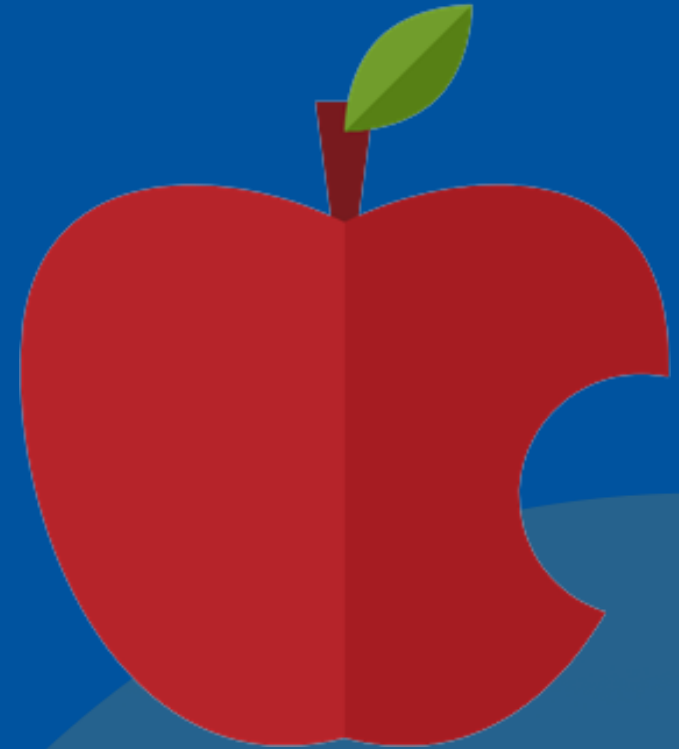
FOOD CRAVINGS & STRESS

- Eat breakfast—gives your body better sustained energy
- Eat small, balanced meals
- Check yourself—are you actually thirsty?
- Is your body craving nutrients?
 - Chocolate → Magnesium → Nuts/Seeds
 - Sweets → Protein → Cheese
- Do you always have a bowl of ice cream on the couch after work? Change it up
- Create a de-stress ritual
 - Tea and a book
 - Hot bath with Epsom salts



TAKEAWAYS

- Balance blood sugars
- Stay hydrated
- Eat complex carbohydrates and protein
- Listen to your body
- Create healthy morning and evening rituals



SARAH'S CONTACT INFO



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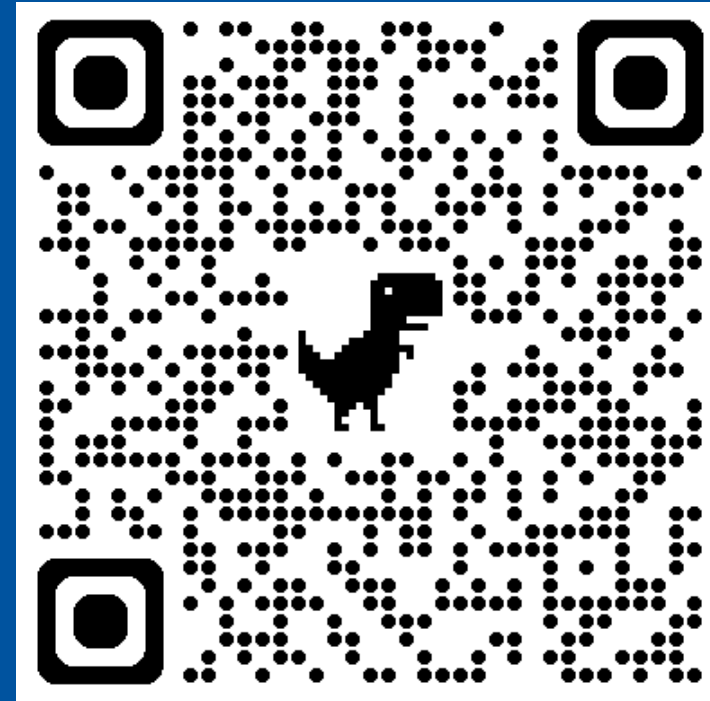
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Multiple Generations in the Workplace

**THANK!
YOU!**



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