What you eat affects how you think

**More**
- Polyunsaturated fatty acids (especially omega 3 in oily fish & some plants)
- Minerals
  - Zinc - whole grains, legumes, meat, milk
  - Magnesium - leafy greens, nuts, whole grains
  - Iron - red meat, green leafy veggies, some fruit, eggs
- Vitamins
  - Folate, B6, B12, Vitamin C & E
- Dark green leafy & orange veggies & whole grains

**Less**
- Excess fat, sugar, & calories contribute to oxidative stress associated with weight gain & mental health conditions.
- Processed foods are often low in nutrients.
- Excess caffeine & alcohol can increase blood pressure, anxiety & cause sleep problems.
- NEVER drink alcohol to cope with stress or emotions.
  - This can lead to addiction & other mental illness.
  - Alcohol is actually a depressant!

**Shift from processed foods to whole foods**

Eat regular meals throughout the day to maintain blood sugar levels & avoid bad moods, irritability & tiredness!
Feeling hungry between meals? Snack on some nuts or fruit!

**Protect your mood with a balanced diet**

Food is meant to sustain you & be enjoyed.
Feeling out of control regarding eating habits can increase feelings of depression & can lead to yo-yo dieting.

**Campus resources**
- Student Support Network: Raithby House
- Counseling Services: 3rd floor UC
- Wellness Center: 2nd floor JT Powell Building
- Student Health Services: 1st floor JT Powell Building

**Other aspects of mental health**
- **Sleep:** aim for 7-9 hours of sleep/night to feel your best
- **Exercise:** releases endorphins which improve your mood
- **Stress:** limit stress through relaxation & a healthy lifestyle
- **Brain chemistry:** the brain is complicated. If lifestyle changes aren’t enough, talk to your doctor

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SNAP at U of Guelph

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