

Adaptado de MOSER, Celeste. How diet and nutrition affect mental health Acessado em 29/10/2016 www.pathwaysrtc.pdx.edu Focal Point: Youth, Young Adults, & Mental Health. Healthy Body - Healthy Mind, Portland State University Summer 2012, 26 (1).

How diet and nutrition affect mental health

[1] Many of us already know that when we make healthy food choices we tend to feel better, and when we eat heavy, sugary foods we can feel tired or sluggish. Therefore, it should come as no surprise that there is considerable evidence to suggest that nutrition can have an impact on mental health as well as physical health. This is especially true for young people. For example, Oddy *et al.* found that poorer mental health outcomes in adolescents aged 13-15 were associated with a Western dietary pattern (a diet high in red and processed meats, take-out, and sugary and refined foods). Better mental health outcomes were found in those who had a higher intake of fresh fruit and leafy green vegetables.

[2] Overconsumption of sugar alone can negatively impact young people's mental health. In a sample of 5,498 youth aged 15-16 in Oslo, Norway, researchers found a strong association between sugary soft drink consumption and mental health problems. In a related study, researchers found a positive association between consumption of sugary soft drinks and sweet foods and risks for suicidal behaviors among adolescents aged 12-19 in Jiangsu Province, China.

[3] Certain foods and dietary supplements, such as fish, fruits and vegetables, and over-the-counter vitamins and supplements can have a positive impact on young people's mental health. For example, Omega-3 fatty acids, which are found in fish and fish oil, are beneficial to neural functioning. In a randomized, double-blind, placebo-controlled study of adolescents, researchers found that fish oil may prevent progression of psychosis in high-risk youth aged 13-25.

[4] Participants who took capsules containing concentrated marine fish oil once per day for 12 weeks had significantly reduced the transition rate to full psychosis. In addition, researchers found significant symptomatic and functional improvements during the 12-month follow-up period. These findings are especially promising because fish oil tends to have minimal side effects and it is accessible and affordable. The authors of this study suggest that fish oil may offer a safe and effective prevention strategy in young people who are at a high risk of developing psychosis.

[5] Vitamin D is another supplement that can positively affect mental wellbeing. Multiple studies have linked vitamin D deficiency to cognitive impairment, depression, bipolar disorder, and schizophrenia. Therefore, many mental health professionals and physicians recommend regular vitamin D intake.

[6] Following an extensive review of the literature on the benefits of nutrition and diet on mental health, Walsh determined that one's diet should: contain a wide array of multicolored fruits and vegetables (i.e., "rainbow diet"); contain some fish, with preference given to cold deep-seawater fish, such as salmon; and reduce excess calories. Implementation of these diet changes could result in improved mental well-being. However, before making any dietary changes, speaking with a doctor is recommended.

Youth dietary practices

[7] Nutrition is especially important during adolescence due to rapid growth and development. The onset of many psychiatric illnesses which coincide with adolescence may be diminished by recommended

dietary habits. Additionally, behavior patterns (such as eating habits) acquired during this time are likely to influence long-term behaviors. However, getting young people to eat healthier is not always easy.

[8] In a study of 141 adolescents in 7th and 10th grade from two schools in St. Paul, Minnesota, researchers found that the factors that most influence teens' eating habits were: hunger or cravings; appeal or taste; time available to them; their parents' eating habits and schedules; and convenience. Time considerations appeared to strongly influence participants' food choices. The young people said that they would prefer to sleep longer in the morning rather than prepare and/or eat breakfast. In addition, they reported not wanting to wait in a long lunch line at school; fast-food was appealing because it was served quickly. When preparing their own food, young people wanted to make food that was quick and easy. Some young people reported that they ate a lot of take-out because their parents did not have time to cook or prepare meals at home.

[9] Some additional barriers to eating well as reported by participants were: healthy food, such as fruit and vegetables, available at school were bruised or "nasty"; healthier food choices were less convenient because some fruits and vegetables require extra preparation time (e.g. peeling, cooking); healthful foods were typically not served at fast-food restaurants; finally, participants viewed fast-food as less expensive than healthier foods. When asked what would make eating more nutritiously easier for adolescents the participants suggested: making healthy foods look and taste better by serving vegetables with dips, preparing vegetables in a stir-fry or hiding vegetables in stews, offering healthier options at fast-food restaurants and vending machines, and making healthy food available at home. Lastly, participants said that eating healthy should be "cool" and suggested better advertising and packaging designs for healthy foods.

[10] Gender and ethnicity appears to affect the food choices young people make. In a study of 780 adolescents, aged 14-19 from 4 public high schools in San Bernardino, California, researchers found that males reported significantly greater caloric intake in comparison to females. In contrast, females reported greater intentions to eat healthfully, held more positive attitudes towards healthy food choices, and felt more social pressure to eat healthy foods in comparison to males. Researchers found that Black participants, both male and female, reported significantly greater caloric intake and a higher proportion of calories from fat than their White and Hispanic counterparts.

RESPONDA DE ACORDO COM O TEXTO. AS RESPOSTAS DEVEM SER EM PORTUGUÊS

1. **Considere o parágrafo [3].** Quais alimentos e suplementos que os pesquisadores descobriram que possuem um impacto positivo na mentalidade e na saúde dos jovens? (0,5)
Resposta: peixes, frutas e legumes.
2. **Considere os parágrafos [3] e [4].** Qual doença os pesquisadores descobriram que o óleo de peixe pode prevenir? (0,5)
Resposta: Psicose
3. **Considere o parágrafo [5] e [6].** Qual vitamina está associada sua deficiência com a deficiência cognitiva, depressão, transtorno bipolar e esquizofrenia? (0,5)
Resposta: vitamina D
4. **Considere o parágrafo [8].** Os pesquisadores realizaram um estudo com 141 adolescentes de sétima e décima séries de duas escolas em St. Paul, Minnesota. Segundo os pesquisadores, quais foram os fatores que mais influenciam os hábitos alimentares dos adolescentes? (2,0)
Resposta: fome ou ânsias; apelo ou gosto; Tempo disponível para eles; Hábitos alimentares e horários dos pais; E conveniência.
5. **Considere o parágrafo [9].** Segundo os pesquisadores, os adolescentes apresentaram algumas barreiras adicionais para comer bem. Quais foram essas barreiras? (3,0)

Resposta: alimentos saudáveis, como frutas e legumes, disponíveis na escola sempre estavam machucados e algumas frutas e vegetais exigem tempo extra de preparação como por exemplo: descascar e cozinhar.

- 6. Considere o parágrafo [10].** O gênero e a etnia parecem afetar as escolhas alimentares que os jovens fazem. Em um outro estudo de 780 adolescentes, com idades entre 14-19 de 4 escolas públicas de ensino médio em San Bernardino, Califórnia. Quais as diferenças encontradas entre homens e mulheres? (3,5)

Resposta: os homens relataram ingestão calórica significativamente maior em comparação com as mulheres, as mulheres relataram maiores intenções de comer de forma saudável, mantiveram atitudes mais positivas em relação às escolhas alimentares saudáveis e sentiram mais pressão social para comer alimentos saudáveis em comparação com os homens.