

Eating well for mental health

A tool to support people impacted by severe mental illness

The food we eat affects our body and mind. You can make healthier choices that will improve your health.

Why is healthy eating important to me? _____

Read the recommendations below. Circle foods that appeal to you.



Choose complex carbs

- Whole grain bread, pita, tortilla, or pasta instead of white
- Instead of white rice, try brown rice, wild rice, quinoa, oats, millet
- Vegetables like potatoes, sweet potatoes, yams, corn, squash, cassava



Choose healthy fats like olive oil and sources of omega-3

- Eat fish and seafood (oysters, mussels, shrimp) at least 3 times per week
- Add nuts, seeds or avocado to meals, or enjoy as a snack
- Decrease deep fried foods (French fries, fried chicken)



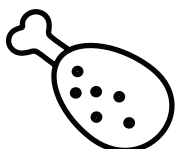
Reduce highly processed foods and sugar

- Drink water instead of pop, juice and iced-tea
- Have cookies, cakes, muffins, ice cream, candy as a special treat, not every day



Add vegetables & fruits to meals and snacks

- Try to include different colours
- Add salad or veggies and dip to meals. Explore frozen and canned vegetables
- Try fruit that is fresh or frozen as a snack or dessert



Eat protein-rich foods throughout the day

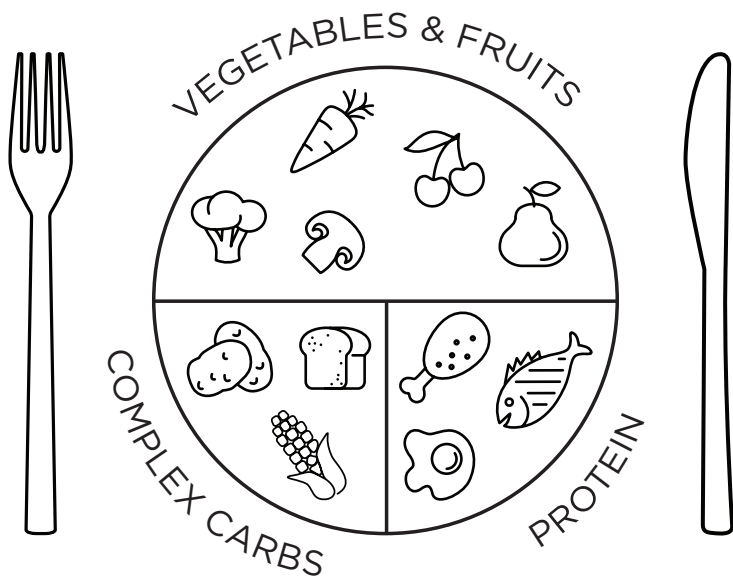
- Try eggs, fish, seafood, chicken, turkey, beans, lentils, nuts, seeds, tofu, cheese, meats and wild game



McGill



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Two Day Sample Meal Plan:

	Day 1	Day 2
Breakfast	Oatmeal/ porridge with nuts or seeds and berries	Eggs with whole grain toast or potatoes and fruit
Lunch	Salad with protein-rich food and healthy fat	Turkey sandwich with side of sliced cucumbers and carrots
Dinner	Whole grain pasta with tomato sauce and added ground chicken and vegetables	Brown rice stir-fry with shrimp or tofu and frozen vegetables
Snack or Dessert	Vegetable sticks with hummus or guacamole	Plain yogurt with fruit

I'm going to try / I might like:

Healthy eating doesn't need to cost more:



Lower Cost Healthy Foods	Price (in Canadian dollars)
Frozen vegetables and fruit	\$3-4 per bag (4 or more servings)
Canned fish and seafood (tuna, oysters, salmon, mussels, sardines)	\$1-3 per can (1 serving)
Canned beans and lentils	\$1 per can (2 servings)
Eggs	\$2-3 per dozen (6 servings)
Whole grains in large packages	\$3-5 per bag (5 or more servings)
Tofu	\$3 per package (4 servings)

Tip: Shop at budget grocery stores, look for sales and stock up on non-perishable foods



My goals

Habit I would like to continue: _____

Changes I would like to make: _____

Who can help me achieve these goals? _____

Preparing food for yourself and making healthy food choices is self-care. Small changes add up. Eat and prepare meals with others.