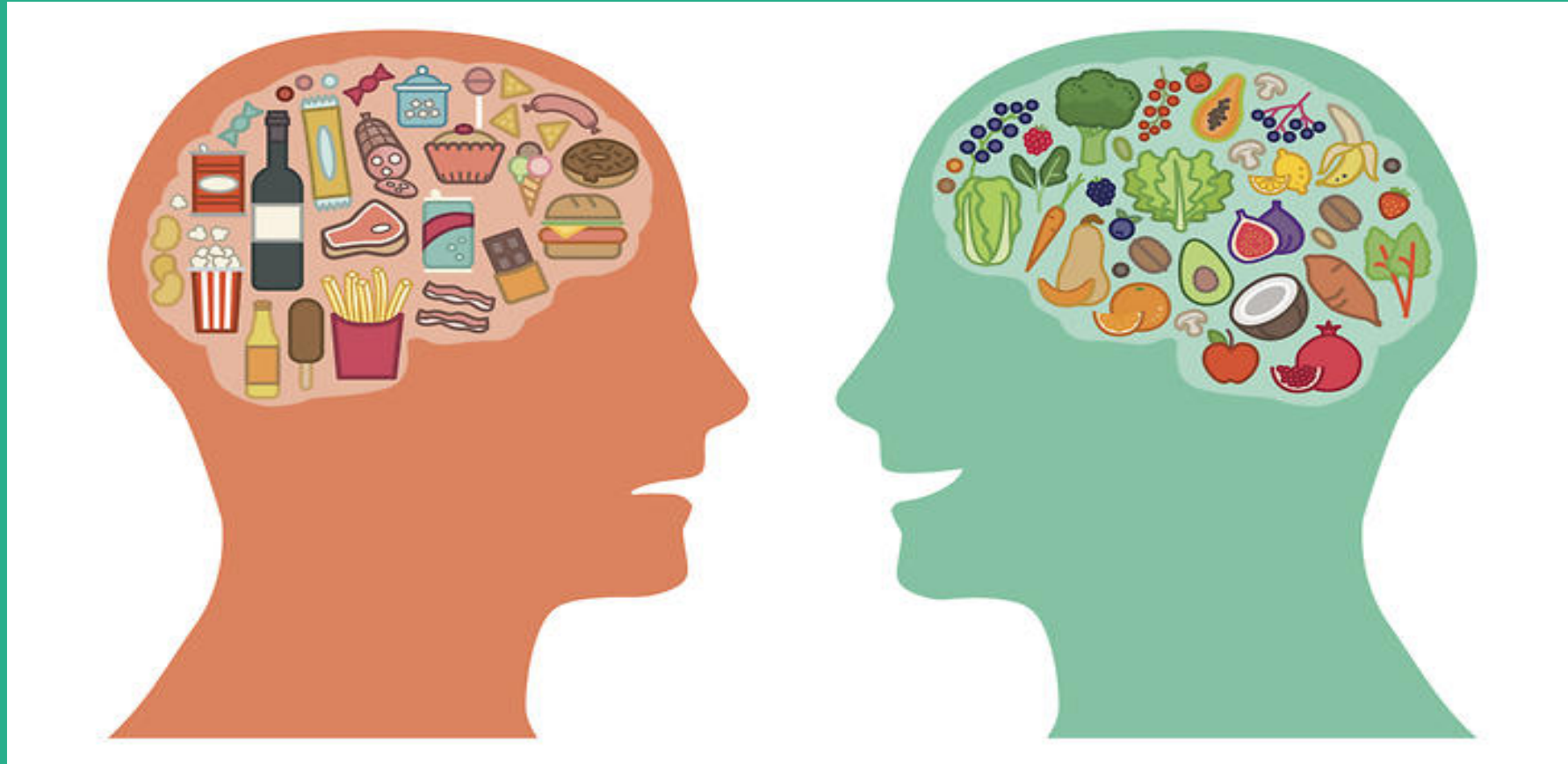


FOOD, MOOD, & GPA



Presenter: Zeina Ghoul, LLPC

Objectives

- Reflect on your past and current food choices
- Learn how food choices may impact your mood and academic performance
- Address barriers to healthy food choices
- Create a plan to build nutrition habits that supports academic performance

Mom: How is your first month at the college going? Are you eating healthy?

Me:



11pm: Can't sleep because of too much caffeine. Feels depressed - wastes time on Netflix to mask feeling and crashes

9:15am
Woke up late – no time to pack a healthy meal

Rushes to Zoom class

10am
Groggy in class - grabs a zombie Frappuccino after

11:30pm
Amped up and ready to study after class

12pm
Sugar crash! Can't focus.

"Maybe some food will perk me up?"

2pm
Doesn't have anything healthy to eat. Picks up Panda Express

3pm
Feels tired, ready for a nap

6:30pm
Starving. Misses class, picks up Chick-fil-A

Case Study
18 year old female
150lbs
sedentary lifestyle

Grande Zombie Frapp w/Whole Milk & Cinnamon Raisin Bagel

Your Starbucks Meal		
Nutrition Facts		
Serving Size	?	
Calories	715	
Calories From Fat	177	
	Amount Per Serving	% Daily Value*
Total Fat	19g	29%
Saturated Fat	10.6g	53%
Trans Fat	0.3g	
Cholesterol	55mg	18%
Sodium	624mg	26%
Total Carbohydrates	129g	43%
Dietary Fiber	4g	16%
Sugars	74g	
Protein	16g	32%
Vitamin A		15%
Vitamin C		0%
Calcium		4%
Iron		26%
*All percent daily value figures are based on a 2,000 calorie diet.		
Nutritional information source: Starbucks		

Broccoli Beef Fried Rice, Veggie Spring Roll, Medium Mist Iced Tea

Your Panda Express Meal		
Nutrition Facts		
Serving Size	?	
Calories	830	
Calories From Fat	270	
	Amount Per Serving	% Daily Value*
Total Fat	30g	46%
Saturated Fat	5.5g	28%
Trans Fat	0g	
Cholesterol	132mg	44%
Sodium	1910mg	80%
Total Carbohydrates	120g	40%
Dietary Fiber	7g	28%
Sugars	12g	
Protein	24g	48%
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%
*All percent daily value figures are based on a 2,000 calorie diet.		
Nutritional information source: Panda Express		

Chicken Deluxe Sandwich, Large Dr. Pepper, Medium Waffle Fries

Your Chick-fil-A Meal		
Nutrition Facts		
Serving Size	?	
Calories	990	
Calories From Fat	369	
	Amount Per Serving	% Daily Value*
Total Fat	41g	63%
Saturated Fat	10.5g	53%
Trans Fat	0g	
Cholesterol	75mg	25%
Sodium	1915mg	80%
Total Carbohydrates	120g	40%
Dietary Fiber	8g	32%
Sugars	41g	
Protein	36g	72%
Vitamin A		30%
Vitamin C		17%
Calcium		22%
Iron		21%
*All percent daily value figures are based on a 2,000 calorie diet.		
Nutritional information source: Chick-fil-A		

Total Calories: 2,535 Estimated total calories needed to maintain weight at current energy expenditure : 1,934
Total Sugars: 127g
Total Fiber: 19g

Can you relate?

Reflect on your food choices in the past.
After eating certain foods, have you felt:

- Tired?
- Irritable?
- Unfocused?
- Depressed?



U.S. FOOD CONSUMPTION AS A % OF CALORIES

PLANT FOOD:

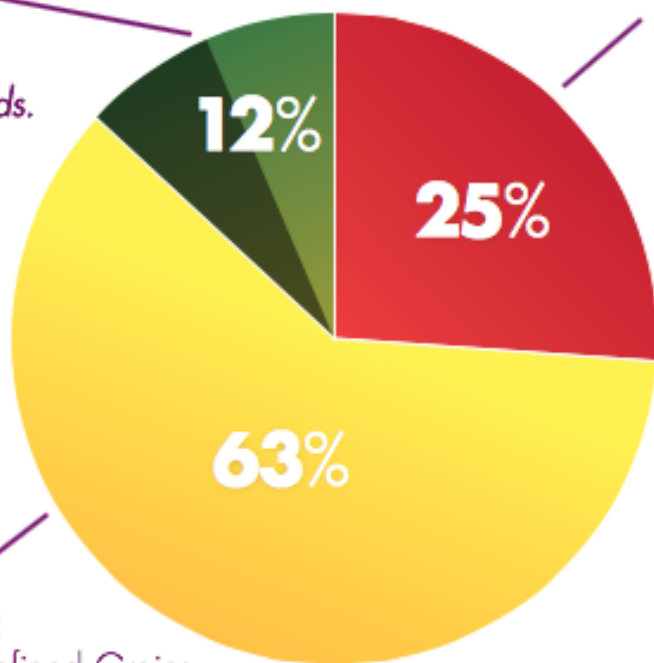
Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains

Fiber is only found in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains



ANIMAL FOOD:

Meat, Dairy, Eggs, Fish, Seafood

Cholesterol is only found in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.

The Standard American Diet

Highly processed
Low in fiber

Low in whole fruits
and vegetables



High in caffeine

High in refined &
saturated fats

High in refined
carbohydrates

How much sugar is in your food?



<https://www.youtube.com/watch?v=4kieTRLt8ks>

Consequences of a Standard American Diet

- Inflammation → Oxidative stress
- Nutrient deficiencies (6)
- Weakened immune system
- Increased risk of depression and anxiety (1,2,5)
- Reduced hippocampal volume (3,4)
- Reduced levels of BDNF (3)

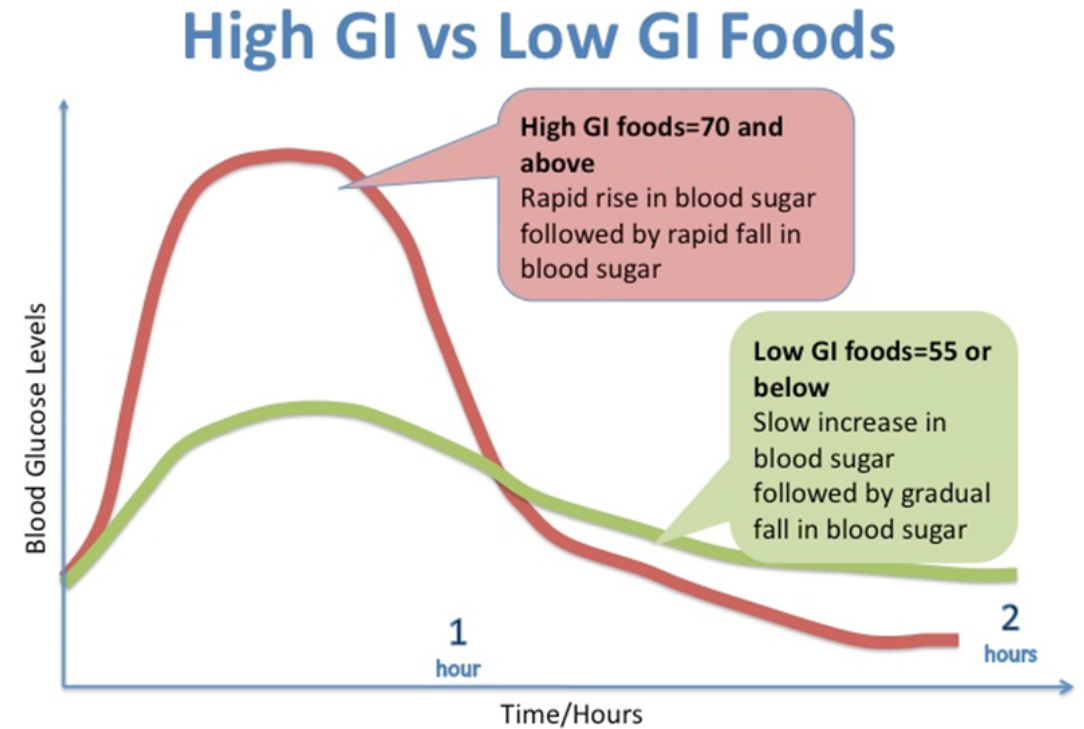
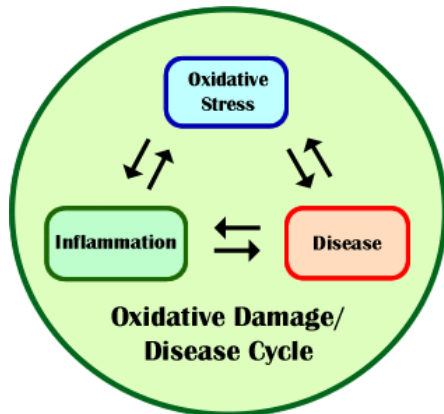
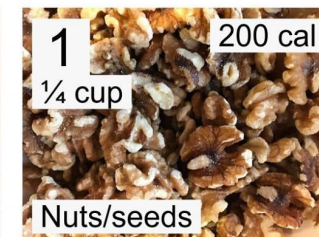
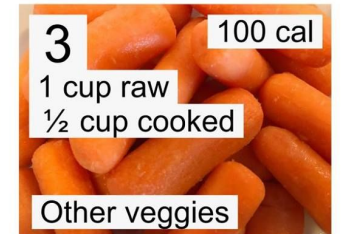
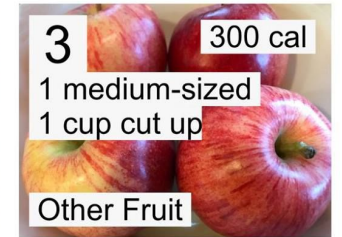
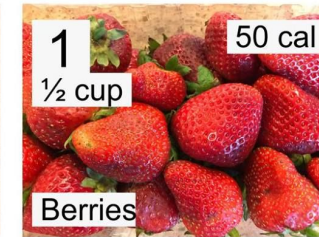
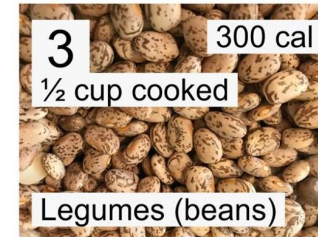


Image adapted from: www.gisymbol.com (University of Sydney)

Better Options

- Whole foods
- Unrefined fats and carbohydrates
- Fruits and vegetables
- Legumes
- Whole grains
- Water

Dr. Greger's Daily Dozen at a Glance



3 ← Number of servings/day
1/2 cup ← Serving size → 300 cal
Calories/day

All caloric values approximate. Total food calories/day: approx. 1200

Barriers to Healthier Food Choices



Problem: Emotional Eating

The Eight Traits of Emotional Hunger	
Emotional Hunger	Physical Hunger
Sudden One minute you are ok the next you are obsessed with food.	It Comes On Slowly Hunger is gradual and progressive
Food Specific All you can think about is... "chocolate"	Not Food Specific You don't crave one food but food in general
It's Obsessive One minute you are ok the next you are obsessed with food.	It's Physical You feel growling in your stomach
Comes With An Upsetting Emotion Likely happen with a "situation"	You Aren't Obsessed You can wait to eat...
Urgent Urge to eat now!	It's Time To Eat it's likely been a while since you last ate
Absent-Minded Eating You are not present with your food	You Are Present You chose your food with thought and enjoyment
Don't Stop Eating Even When Full You are not present enough to feel fullness	You Can Feel Your Fullness You stop when full
Guilt You feel bad that you eat this food or so much	No Guilt You ate because hungry and you move on.

Problem: No Time to Eat Healthy



<https://www.youtube.com/watch?v=wLAAJPgyIIU>

Problem: Expenses

- The W Food Pantry: <https://thew.wayne.edu/>
- The Michigan Department of Health and Human Services: <https://thew.wayne.edu/mdhhs>
- Frozen fruits/vegetables
- Plan weekly meals and budget



\$5.99/16 oz



\$2.50/10 oz



\$1.99/16oz



\$0.99/12 oz

Total savings: \$2.25

Solution: Healthier food can be “cheap” too

**Comparison Shopping:
McDonald's for Four**

\$27.89



- 2 Big Macs
- 1 cheeseburger
- 1 6-pc. Chicken McNuggets
- 2 medium fries
- 2 small fries
- 2 medium Cokes
- 2 small Cokes

Nutrition facts per person

CALORIES	900 (average)
FAT	37 grams
CARBOHYDRATES	123 grams
PROTEIN	23 grams

Based on what we discussed, why do you think nutrition important to academic success?

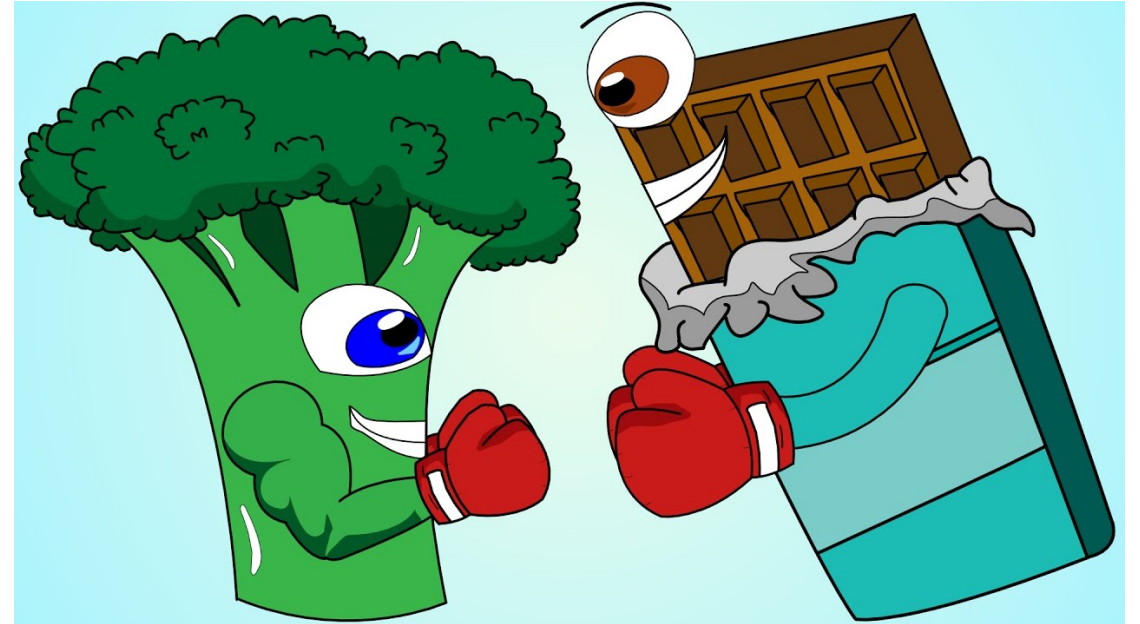
- Food intake can influence
 - Concentration
 - Ability to learn
 - Stress/mental health



Think/Pair/Share

In a group talk about the following:

- What are some nutrition goals you have?
- Why do you want to change?
- What steps can you take to create change?



Additional Resources

- <https://www.foodandmood.org/>
- <https://nutritionfacts.org/>
- Apps:
 - <https://www.myfitnesspal.com/>
 - [Healthy eating on the go:
https://play.google.com/store/apps/details?id=com.jacobsmedia.foodtrip&hl=en](https://play.google.com/store/apps/details?id=com.jacobsmedia.foodtrip&hl=en)
 - Food Score: <http://www.ewg.org/foodscores/>
 - Nutrition Facts

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