

Download Nutrition And Mental Health

Energy intake and mental health Energy, often referred to as the calorie content of a food, is derived from the carbohydrate, protein, fat, and alcohol found in foods and beverages. THE ROLE OF NUTRITION CARE FOR MENTAL HEALTH CONDITIONS DIETITIANS OF CANADA I PAGE iii Forward In 2006, Dietitians of Canada partnered with the Canadian Collaborative Mental Health Initiative, creating a toolkit, The quality of the food you eat can impact your overall physical and mental health. Eating nutritious foods can go a long way toward achieving a healthy lifestyle, so make every bite count. Get the latest health news, diet & fitness information, medical research, health care trends and health issues that affect you and your family on ABCNews.com