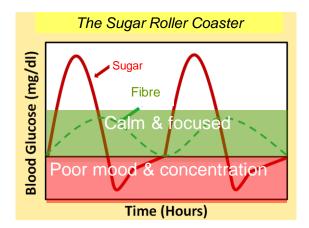
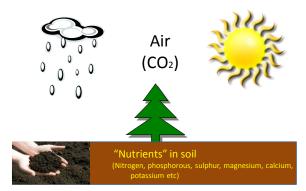
# Food, mood & health

Slides to help discussion with children and young people about the importance of eat a varied diet of "real food" with regular meals. (David Rex, Highland Council)





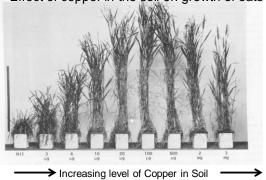
A tree needs 17 nutrients

You need 40 Nutrients!

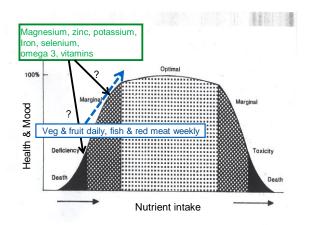
#### Vitamin and mineral *deficiency* in 11 to 18 year old's diets (from NDNS 2010)

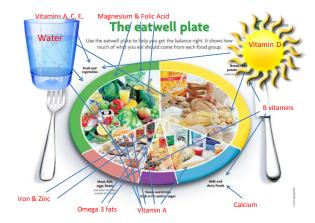
Vitamin / Mineral	% with very low / inadequate intakes (below LRNI)	Food sources
Zinc	13	Red meat, seafood
Potassium	22	Fruit, veg, potatoes
Iron	26	Red meat, fruit & veg, bread, cereals
Selenium	33	Seafood, vegetables, brasil nuts
Magnesium	36	Vegetables, wholegrains, nuts

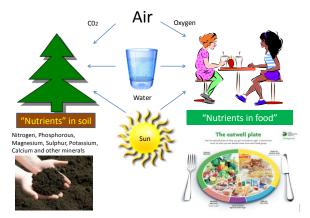
## Effect of copper in the soil on growth of oats



Too little Just right Too much







### Nutrients often lacking in the diets of Scottish Teenagers

Nutrient	Impact
Iron	Mood, healthy blood
Magnesium	Mood, healthy heart
Zinc	Concentration, sleep, immune system, digestion
Folic Acid	Mood, sleep, healthy heart & blood
Vitamin A	Mood, healthy eyes & heart
Vitamin D	Mood, healthy bones, immune system
Omega 3	Mood, concentration, healthy heart, immune system
Fibre	Mood, healthy gut & heart

How many of these "Nutrients" affect the brain?



WORE Vegetables, fruit and berries fish and shellfish nuts and seeds exercise



SWITCH TO wholegrain healthy fats low-fat dairy products



LESS red and processed meat salt sugar alcohol



1 minute advice from Sweden (taken from the Swedish National Food agency)

### **Brazilian Guidelines**

- Make natural or minimally processed foods the basis of your diet
- Use oils, fats, salt, and sugar in small amounts
- · Eat regularly... and whenever possible, in company
- Shop in places that offer a variety of natural or minimally processed foods
- · Develop, exercise and share culinary skills
- Plan your time to make food and eating important in your life
- Out of home, prefer places that serve freshly made meals
- Be wary of food advertising and marketing