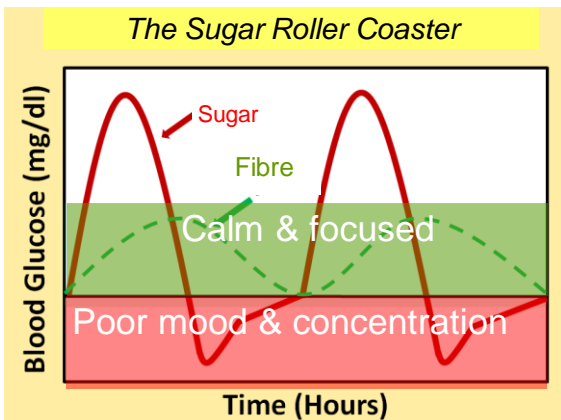
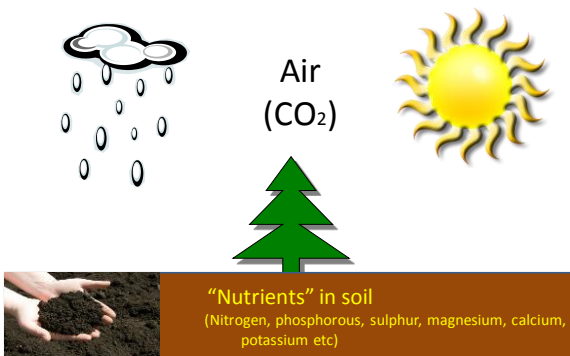


Food, mood & health

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)



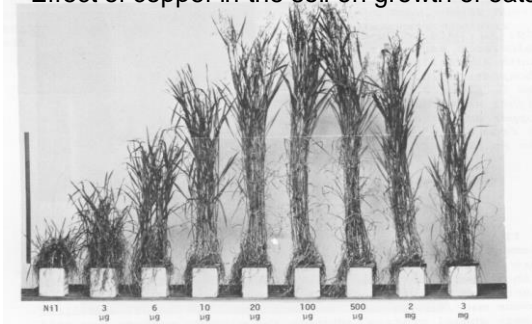


A tree needs 17 nutrients You need 40 Nutrients!

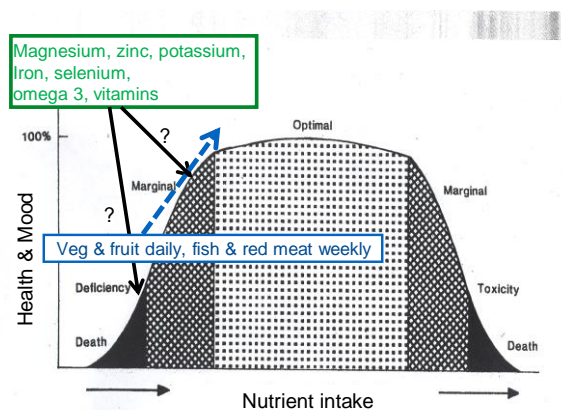
Vitamin and mineral **deficiency** in 11 to 18 year old's diets (from NDNS 2010)

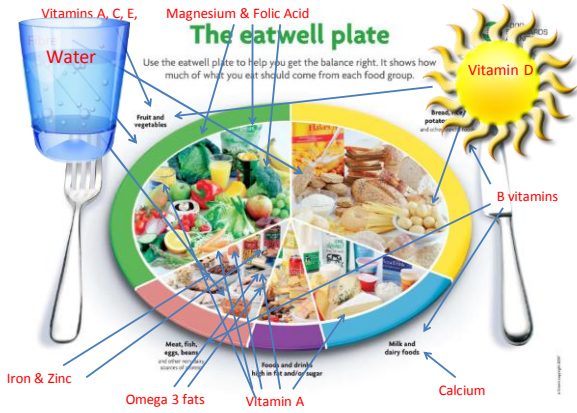
Vitamin / Mineral	% with very low / inadequate intakes (below LRNI)	Food sources
Zinc	13	Red meat, seafood
Potassium	22	Fruit, veg, potatoes
Iron	26	Red meat, fruit & veg, bread, cereals
Selenium	33	Seafood, vegetables, brazil nuts
Magnesium	36	Vegetables, wholegrains, nuts

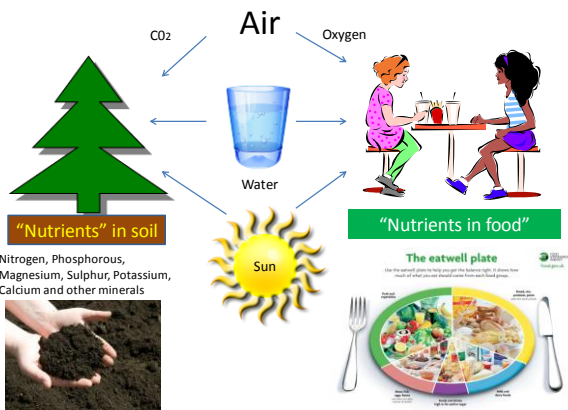
Effect of copper in the soil on growth of oats



→ Increasing level of Copper in Soil →
 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?
