



MENTAL HEALTH &

Nutrition



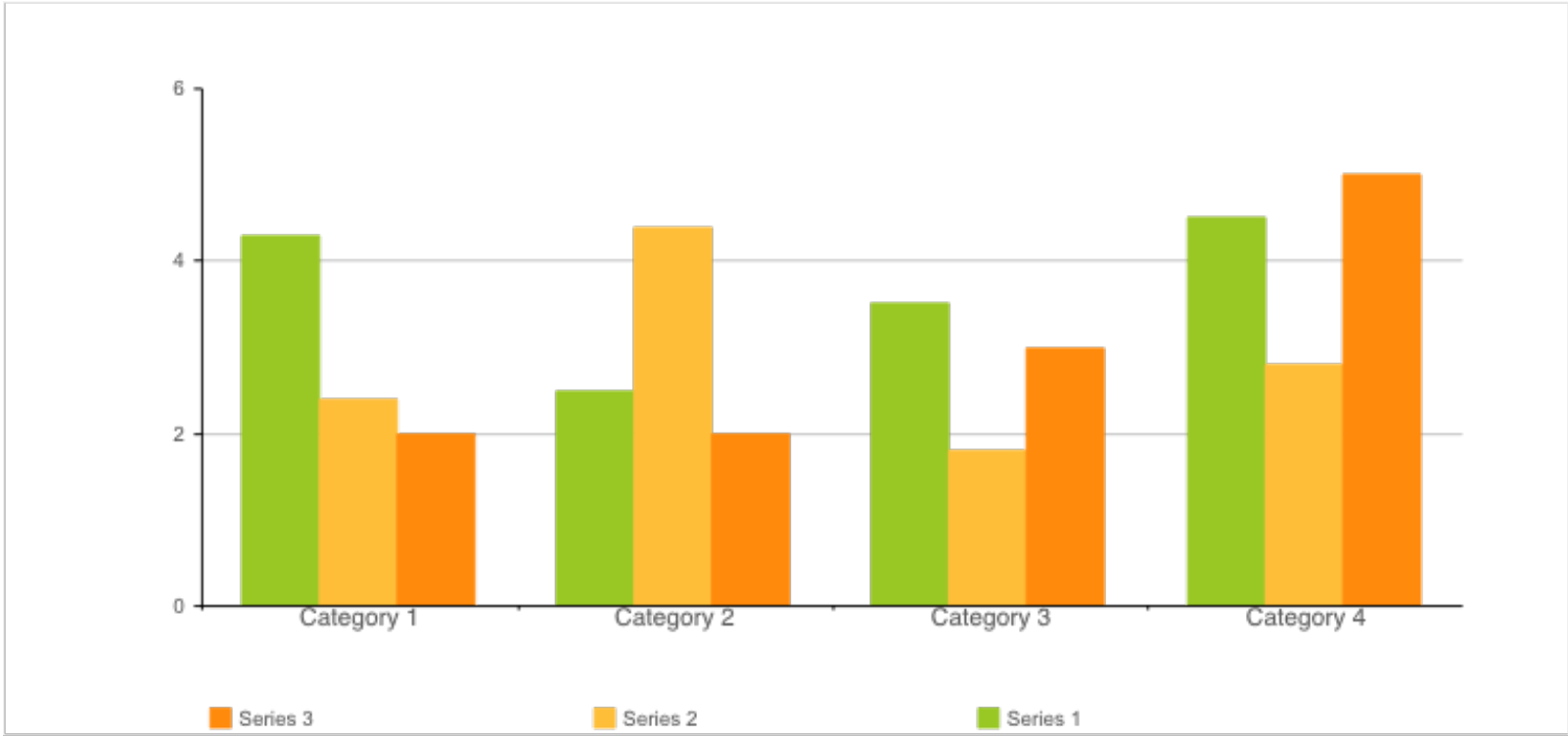


Foods and Mental Health

- Underlying food deprivation
- Affects on mental wellness
- Poor daily function and fatigue



Cat.1 food Cat.2 effects on Mental Health cat 3. dietary requirements





Two Content Layout with Table

- First bullet point here
- Second bullet point here
- Third bullet point here

Class	Group A	Group B
Class 1	82	95
Class 2	76	88
Class 3	84	90



Vitamins, Minerals, amino acids, Omega 3

* Cerebral function

- Cognitive & intellectual function
- Nerve endings in the brain



Healthy Mental Health Living

What are the facts about the brain and nutrition and quality of life?

- a. According to a international study from the University of Valencia in Spain, nutrition is a key factor for the high prevalence of mental diseases such as depression.



Facts cont...

Diet

- **b.** What foods are essential?
- Meats, greens, fruits...
- Healthy fats
- Carbohydrates

health

- **c.** How is your effected?
- Heart
- Blood pressure
- Circulation
- Quality of life