



# **Mental Health & Weight Management**

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**September 29<sup>th</sup>, 2010**

Please note this presentation is for information purposes only and is not a substitute for a doctor's or dietitian's advice.

Everyone's nutrition is different. Please consult a medical professional before making substantial changes to your diet.

# Outline

- Importance of nutrition services
- Medications and side effects
- Managing food cravings
- Mindful eating
- How to eat healthy?
- Sample of a diet history
- Weight management tips
- Questions?



# What are Dietitians?

Professionals uniquely trained to advise on diet, food and nutrition



# The Role of the Dietitian in Mental Health

## **The Dietitian can help to:**

1. Provide appropriate nutrition therapy for co-morbidities
2. Assist the client to obtain nutritious, safe and affordable foods
3. Minimize nutrition-related side effects of many psychiatric medications

# The Role of the Dietitian in Mental Health

## **The Dietitian can provide:**

- Nutritional Assessment
- Weight Management
- Metabolic Monitoring
- Classes for nutrition education
- Aid in food security

# Nutrition Education

## Need to Consider:

- Education level
- Readiness for Change
- Ability/Accessibility and Motivation
- Organization/ memory
- Facilities for Cooking
- Financial Situation
- Support System
- Stage of Treatment/Severity of Illness



# Medications & Side Effects

- Obesity/weight gain is one of the top reasons for noncompliance
- Meds induce weight gain and increase risk for diabetes and metabolic syndrome
- Rate of diabetes and obesity is 1.5-2 X higher than general population

# Medications & Side Effects

## ***Olanzapine, Clozapine, Quetiapine:***

Increases appetite, weight gain, glucose, triglycerides, cholesterol

## ***Risperidone, Seroquel:***

Increase appetite, weight, triglycerides, glucose

## ***Ziprasidone & Loxapine:***

Increase or decrease weight



# Why do Antipsychotics cause Weight Gain?

- The actual mechanism is unknown, likely multiple mechanisms
- Connects with brain receptors that cause appetite to increase, weight gain and metabolic disturbances
- The bottom line is to monitor labs every 3-6 months

# Managing Food Cravings

1. Eat HIGH instead of LOW glycemic index foods
2. Eat regular meals no more than 4-6 hours apart
3. Reduce sugar, juice or pop
4. Increase fiber
5. Practice Mindful Eating



# Mindfulness

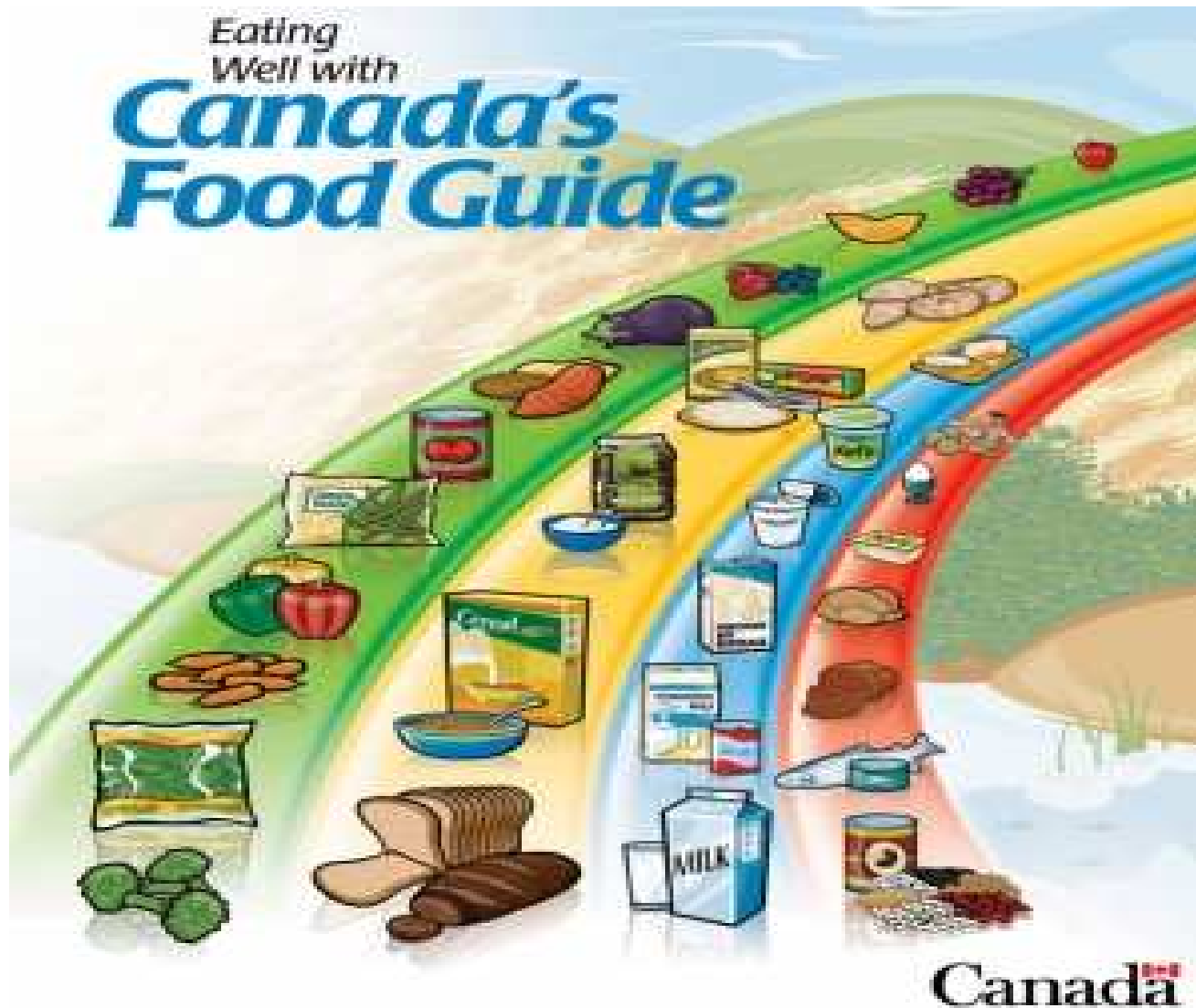
The “mindfulness” concept involves acknowledging and exploring the sensations of the physical and emotional body without judgment or expectation.

# Mindful Eating

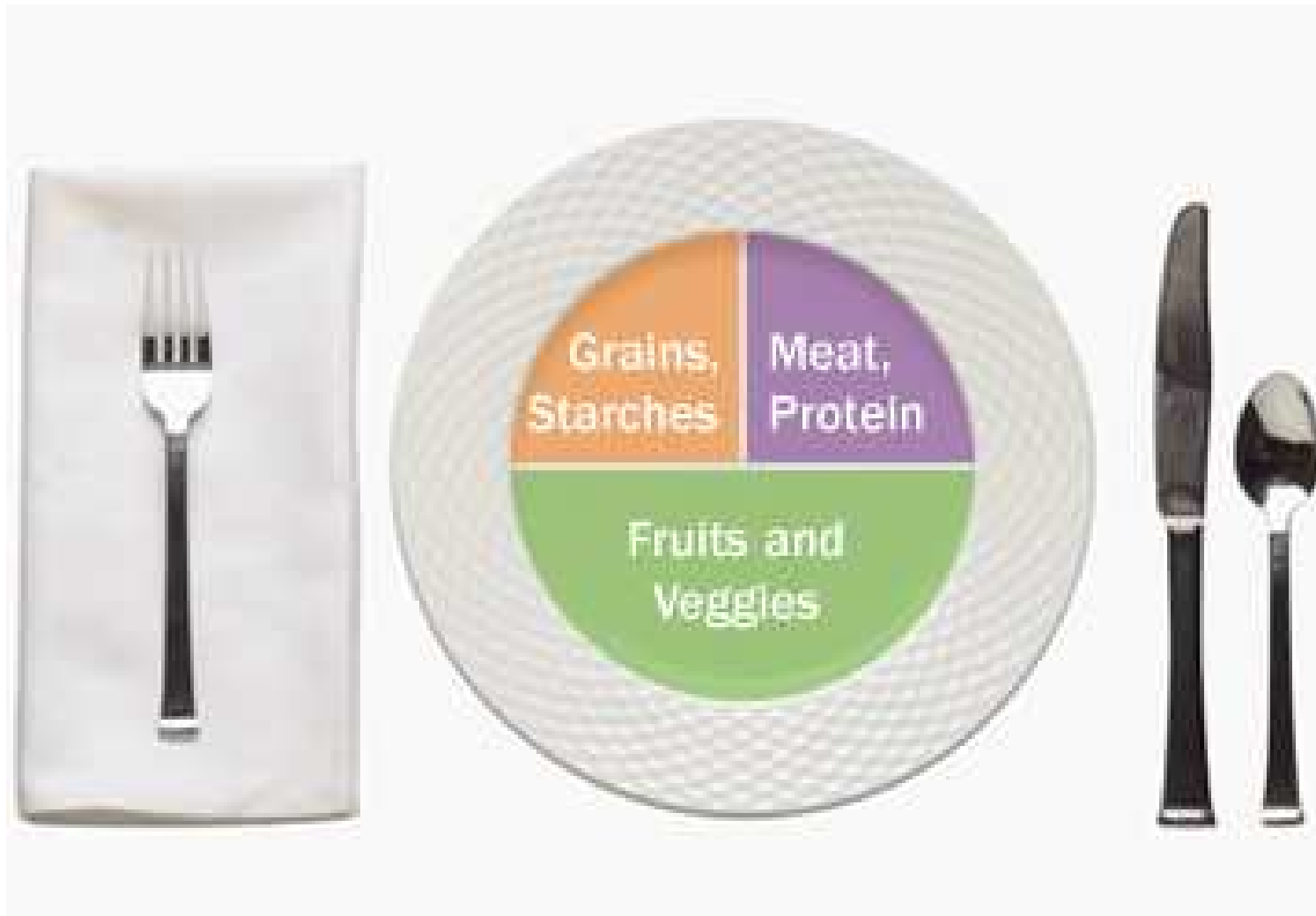
Aims to:

- Increase awareness around eating
- Tune in to hunger and fullness cues
- Make informed eating choices
- Promote a health weight
- Decrease binge eating at night

# Healthy Eating Starts with a Rainbow...



# Balancing Meals with the Plate Method



# 1 Day Food Diary

## **Morning:**

No Breakfast

Coffee with cream & sugar

## **Lunch:**

2 slices pepperoni pizza

1 bottle Coke

1 package of M&M's

**Snack:** Muffin and coffee with cream & sugar

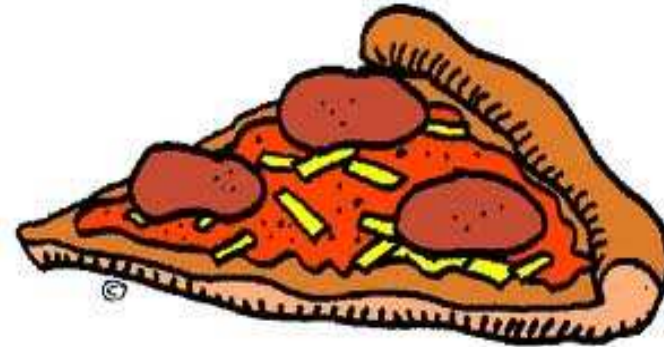
## **Dinner:**

Burger

Large Fries

Large Sprite

**Later that evening** - Ice Cream Bar from 7-Eleven



# Breakfast Makeover

## Morning:

No Breakfast  
Coffee with  
cream & sugar

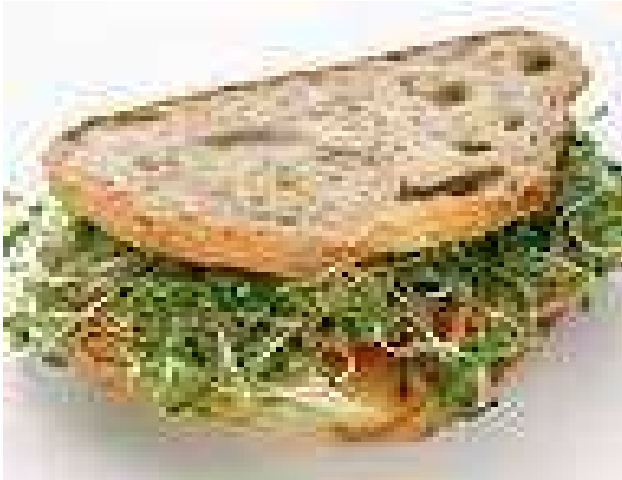


## Morning:

1 cup of yogurt  
1 cup of berries  
1/3 cup of bran buds  
1 slice of toast  
1 cup of coffee with splenda  
and milk



## Eat This



420 Calories

## Not That



1600 Calories

# Healthy Snacking

- Air popped popcorn
- Fruit with low fat yogurt
- Skim milk latte
- Edamame
- Vegetable sticks with tzatziki sauce
- Whole grain pita  $\frac{1}{2}$  with salsa
- Tuna with high fiber crackers
- 1 oz low fat cheese with apple slices
- Low fat frozen yogurt



WWW.PHOTOBANK.COM/FC03-7999/foodcollection  
Vegetable sticks in a glass

## **Eat This**

Oatmeal Cookie



**81 Calories**

## **Not That**

Donut



**200 Calories**

**Eat This**

Granola Bar



**180 Calories**

**Not That**

Large Muffin



**610 Calories**

## Eat This

Chocolate Milk



**1 cup = 158 Calories**

## Not That

Chocolate Milkshake



**1 cup = 374 Calories**

# TRUE or FALSE?

Juice is just as nutritious as fruit.

**X**

**FALSE**

**CHOOSE** the fruit  
instead of the juice



# Fiber is your Friend!

How do you get the recommended >25g of fiber per day?

- High fiber cereal
- Fresh fruit X 3
- 2 handful of vegetables at lunch and dinner
- Choose whole grain rice, pasta, bread
- High fiber granola bars or crackers for snack





# Exercise

- Exercising takes you away from activities associated with food
- Make realistic goals
- Pedometers → 10,000 steps per day
- Take the stairs
- Get off 2 stops early when taking the bus



# Summary of Weight Management Tips

- 1) Reduce/Eliminate Juice/Pop**
- 2) Healthy Snack Options**
- 3) High Fiber Meals**
- 4) Fast Food Options**
- 5) Exercise**
- 6) Decrease cheese**
- 7) Choose Fish at least 3 times a week**
- 8) Eat every 4-5 hours**
- 9) Eat Breakfast**



# QUESTIONS

