

Name _____

Food for Thought: How Nutrition Nurtures Mental Health

Short Answer Key

1. One source of complex carbohydrates is whole grains. They can help stabilize mood by providing a steady release of energy, preventing sudden spikes and crashes in blood sugar levels.
2. It is important to maintain a balanced diet for good mental health because a variety of nutrients is necessary for brain function and mood regulation.
3. Vincent van Gogh had unconventional dietary choices, including raw onions and absinthe. While his choices were unique, he recognized the connection between nutrition and mental well-being, even if his choices were not always healthy.
4. One practical tip for making mindful food choices is to limit the consumption of sugary and highly processed foods, as they can lead to mood swings and energy crashes.
5. It is advisable to seek professional help for mental health issues related to nutrition when the issues are severe and impacting daily life, as nutrition alone may not be a solution for serious conditions.

