



**Brain  
Food Rx**



**“Of course you feel great! These things are loaded with antidepressants.”**

## **Feed Your Mental Health**

**Drew Ramsey, MD**

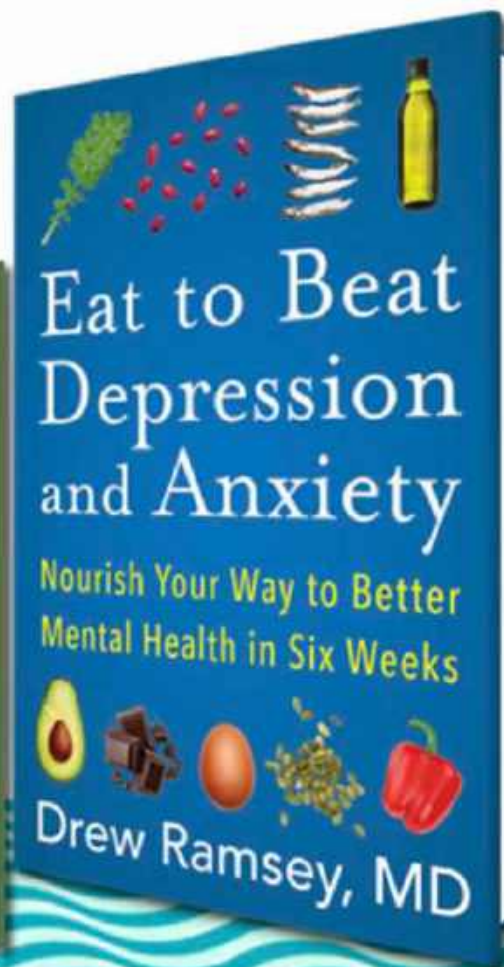
Founder, The Brain Food Clinic  
Assistant Clinical Professor of Psychiatry  
Columbia University

**DREW RAMSEY MD**

# Ramsey Disclosures

- Editorial Board, Medscape Psychiatry
- Advisory Board, Men's Health Magazine
- Author
- I will not discuss the off-label use of any medications

# DREW RAMSEY







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**\$1 TRILLION**

**Lost due to mental health  
disorders**

- **#1 Worldwide Cause Disability**

# 1 in 5

Adults in the U.S.  
experience mental illness  
each year





**59%**

**Adults with mental illness  
do not receive treatment**

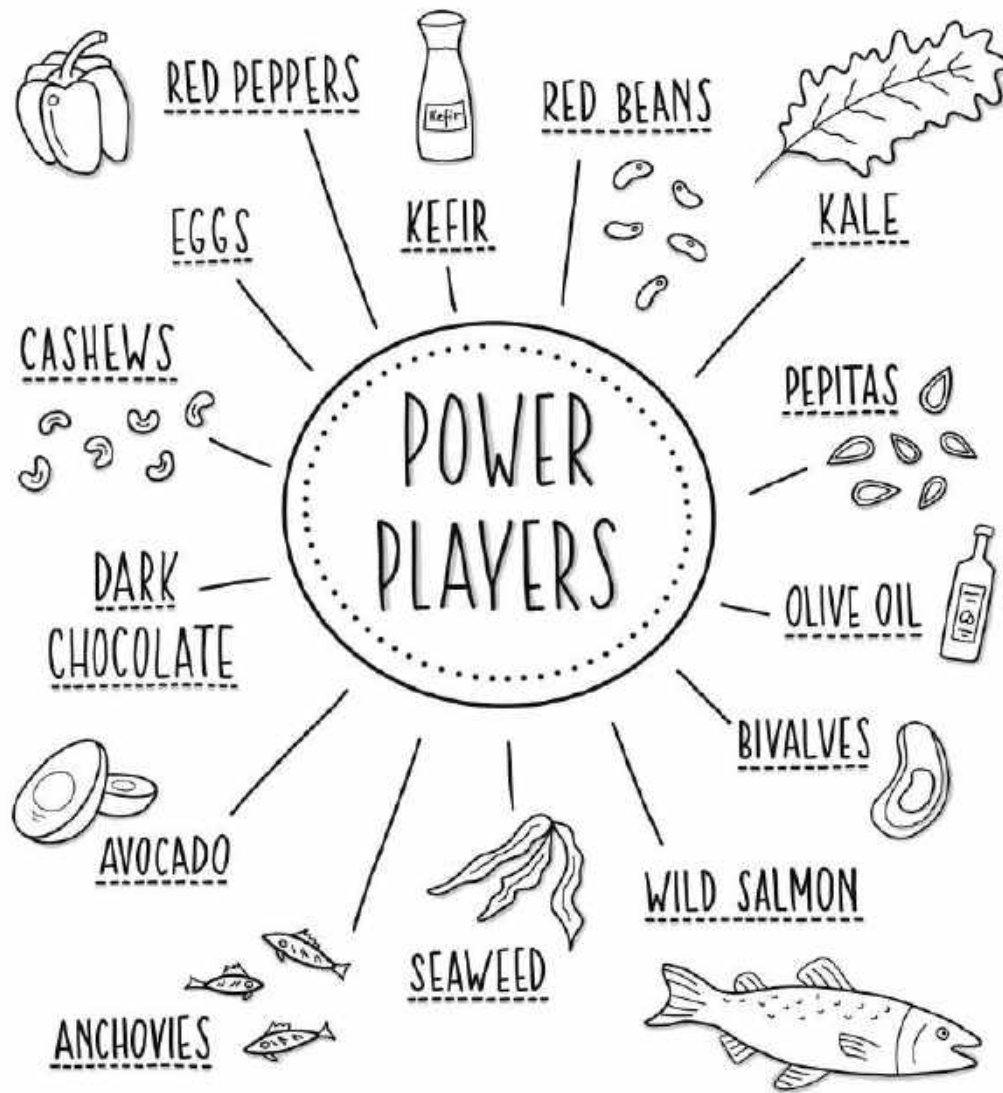
**Fewer than 50%**  
**of Children with mental health conditions  
receive help**

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# Your Brain & Food

- Consumes 420 calories/day
- 20% of daily calories
- Composed of 60% Fat
- PUFAs and Cholesterol



## Nutritional Psychiatry

*The use of nutrition to optimize brain health and to treat and prevent mental health disorders.*



Personal View

# THE LANCET Psychiatry

## Nutritional medicine as mainstream in psychiatry

*Jerome Sarris, Alan C Logan, Tasnime N Akbaraly, G Paul Amminger, Vicent Balanzá-Martínez, Marlene P Freeman, Joseph Hibbeln, Yutaka Matsuoka, David Mischoulon, Tetsuya Mizoue, Akiko Nanri, Daisuke Nishi, Drew Ramsey, Julia J Rucklidge, Almudena Sanchez-Villegas, Andrew Scholey, Kuan-Pin Su, Felice N Jacka, on behalf of The International Society for Nutritional Psychiatry Research*



“Although the determinants of mental health are complex, the emerging and compelling evidence for nutrition as a crucial factor in the high prevalence and incidence of mental disorders suggests that diet is as important to psychiatry as it is to cardiology, endocrinology, and gastroenterology.”

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This training will walk you through the **evidence and fundamentals** of Nutritional Psychiatry so that every dietary recommendation you make to your patients is intentional and backed by the latest research. Here's what you can expect:

- » **Module 1:** Introduction to Nutritional Psychiatry
- » **Module 2:** Nutritional Psychiatry Fundamentals
- » **Module 3:** Nutritional Psychiatry Evidence
- » **Module 4 & 5:** Key Nutrients & Food Categories
- » **Module 6:** Nutritional Psychiatry in Clinical Practice

When you complete this program, you'll have everything you need to offer nutritional psychiatry as an additional service, and **start prescribing food to your patients *with confidence***.

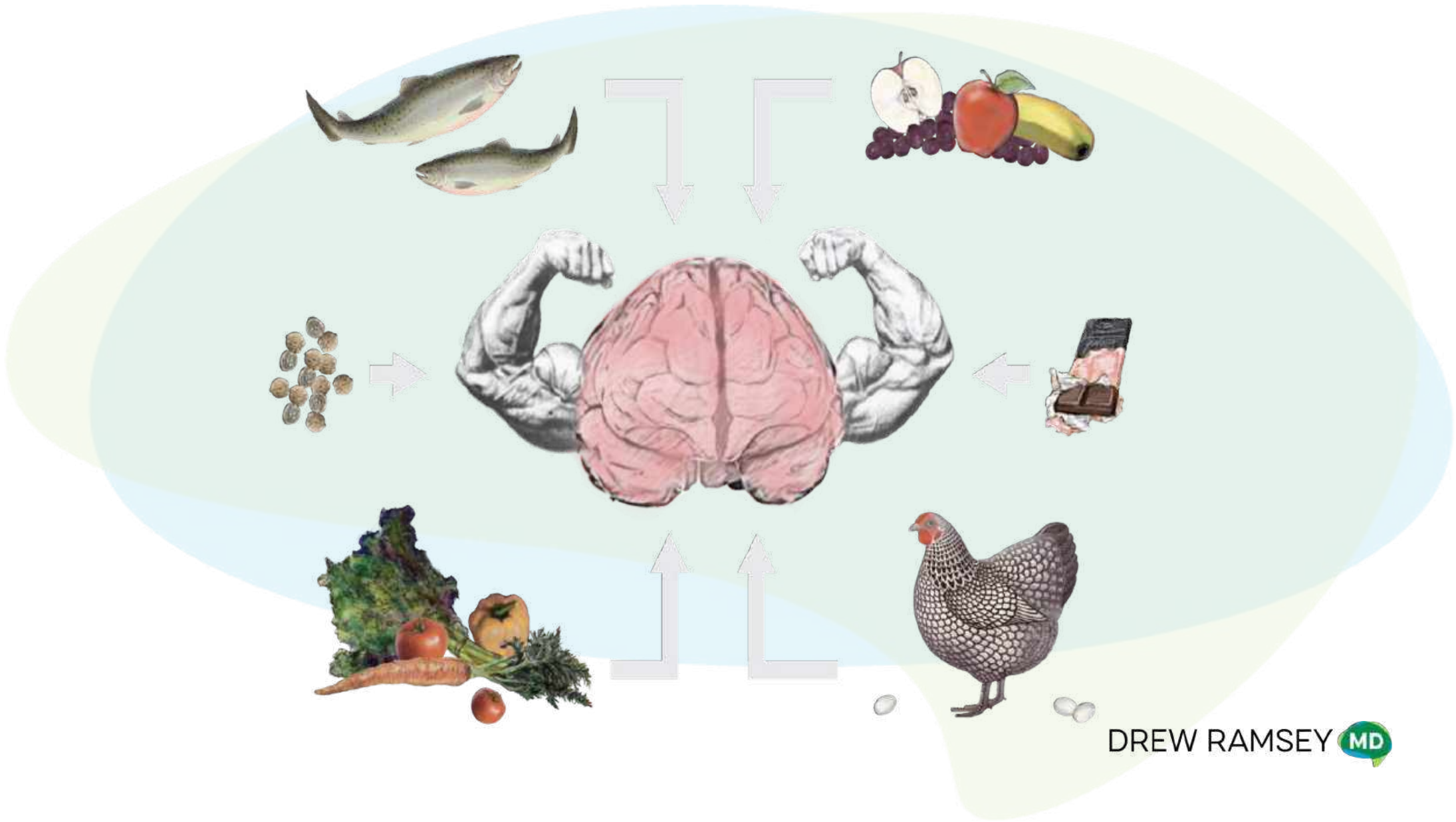
## Generate a Reliable Stream of High Quality Referrals

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Nutritional Psychiatry will help differentiate your practice and can help position you as the “go-to” practitioner in your community. Prospective patients will begin to seek you out directly and be excited to work with you because you offer something no one else does.



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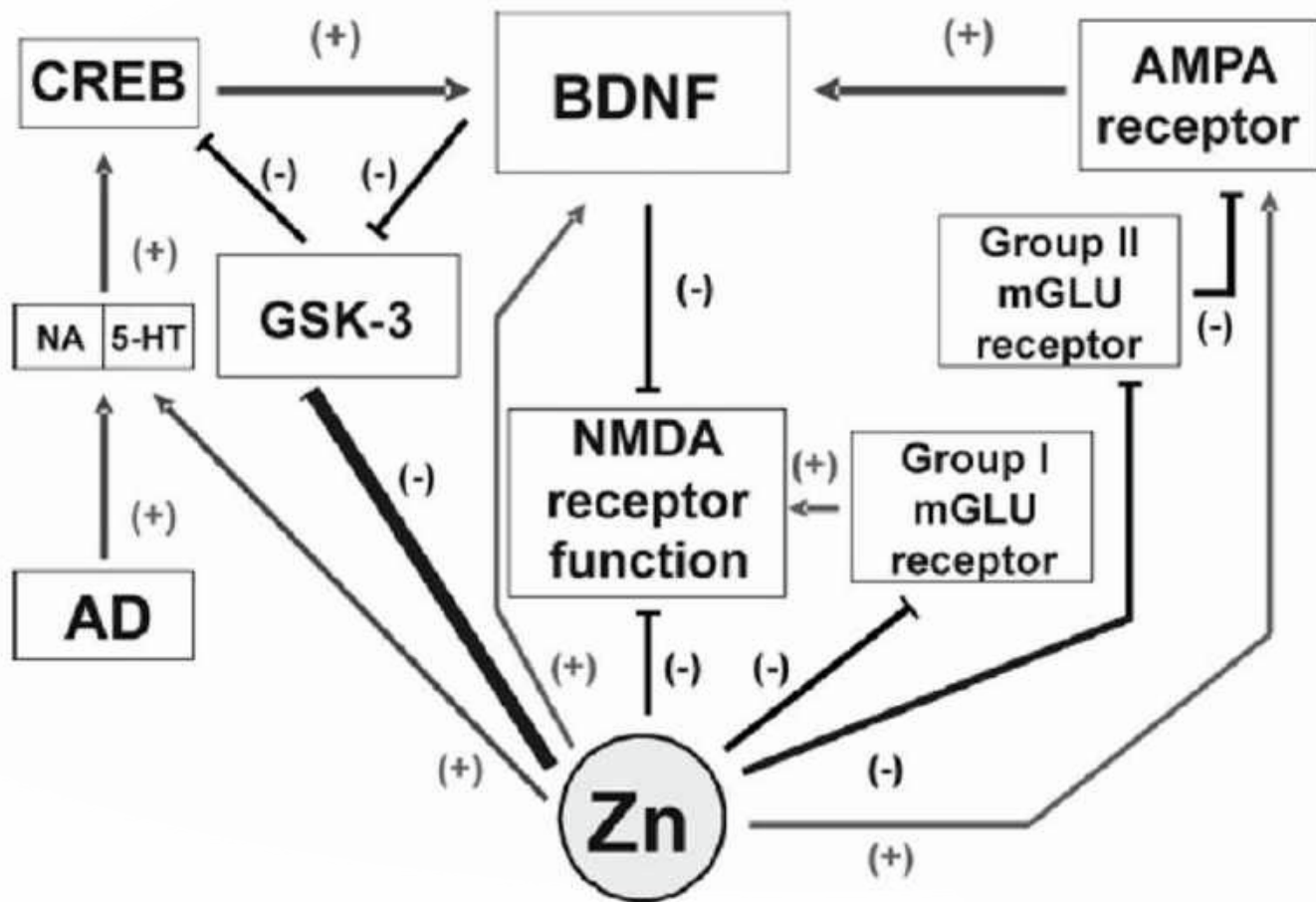
# Brain-Derived Neurotrophic Factor (BDNF)

- Promotes neuron development, function, and survival
- Most abundant neurotrophin
- BDNF & it's TrkB receptor

Everywhere!

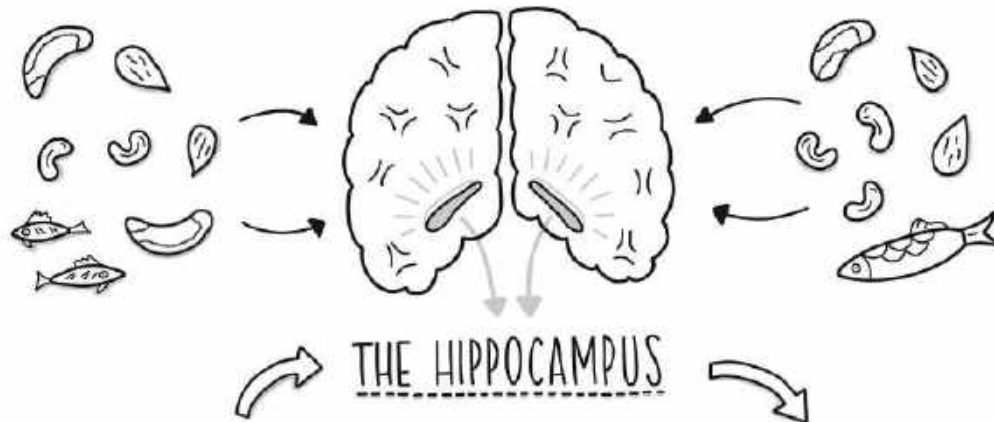
**BRAIN GROW!**





# NEUROPLASTICITY

Your brain in **GROW** mode



A healthy diet full of nutrients and omega-3s can make the hippocampus grow

⇒ this promotes:

- ▶ learning
- ▶ memory



- ▶ heightened mood



is the brain's memory center and it is also part of the human limbic, or emotional, system



Studies have found that this key region in the brain can shrink up to **20%** in patients struggling with depression

# Neuroinflammation

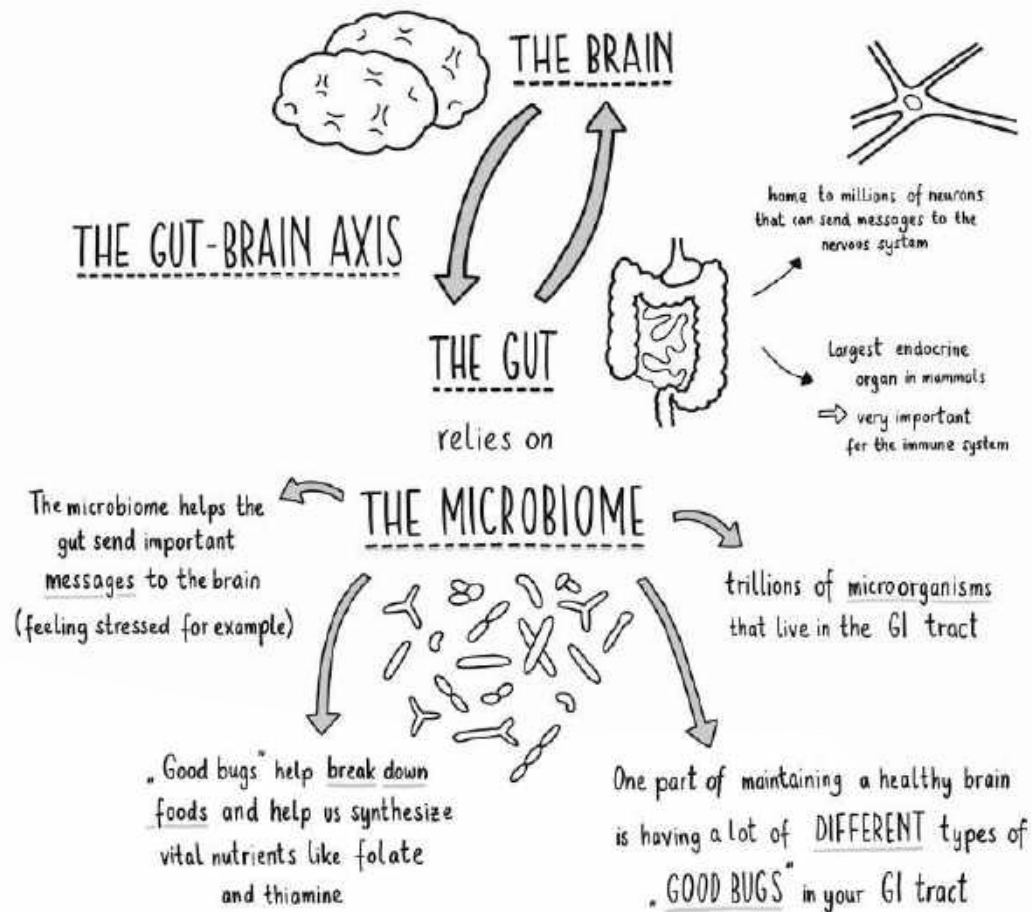




# CAUSES OF INFLAMMATION



# THE MICROBIOME





Journal  
**Nutritional Neuroscience** >  
An International Journal on Nutrition, Diet and Nervous  
System  
Volume 20, 2017 - Issue 3

Original Articles

## **Dietary recommendations for the prevention of depression**

R.S. Opie, C. Itsiopoulos, N. Parletta, A. Sanchez-Villegas, T.N. Akbaraly, A. Ruusunen &  
Pages 161-171 | Published online: 02 Mar 2016

1. Follow 'traditional' dietary patterns, such as the Mediterranean, Norwegian, or Japanese diet
2. Increase consumption of fruits, vegetables, legumes, wholegrain cereals, nuts, and seeds
3. Include a high consumption of foods rich in omega-3 polyunsaturated fatty acids
4. Replace unhealthy foods with wholesome nutritious foods
5. Limit your intake of processed-foods, 'fast' foods, commercial bakery goods, and sweets.

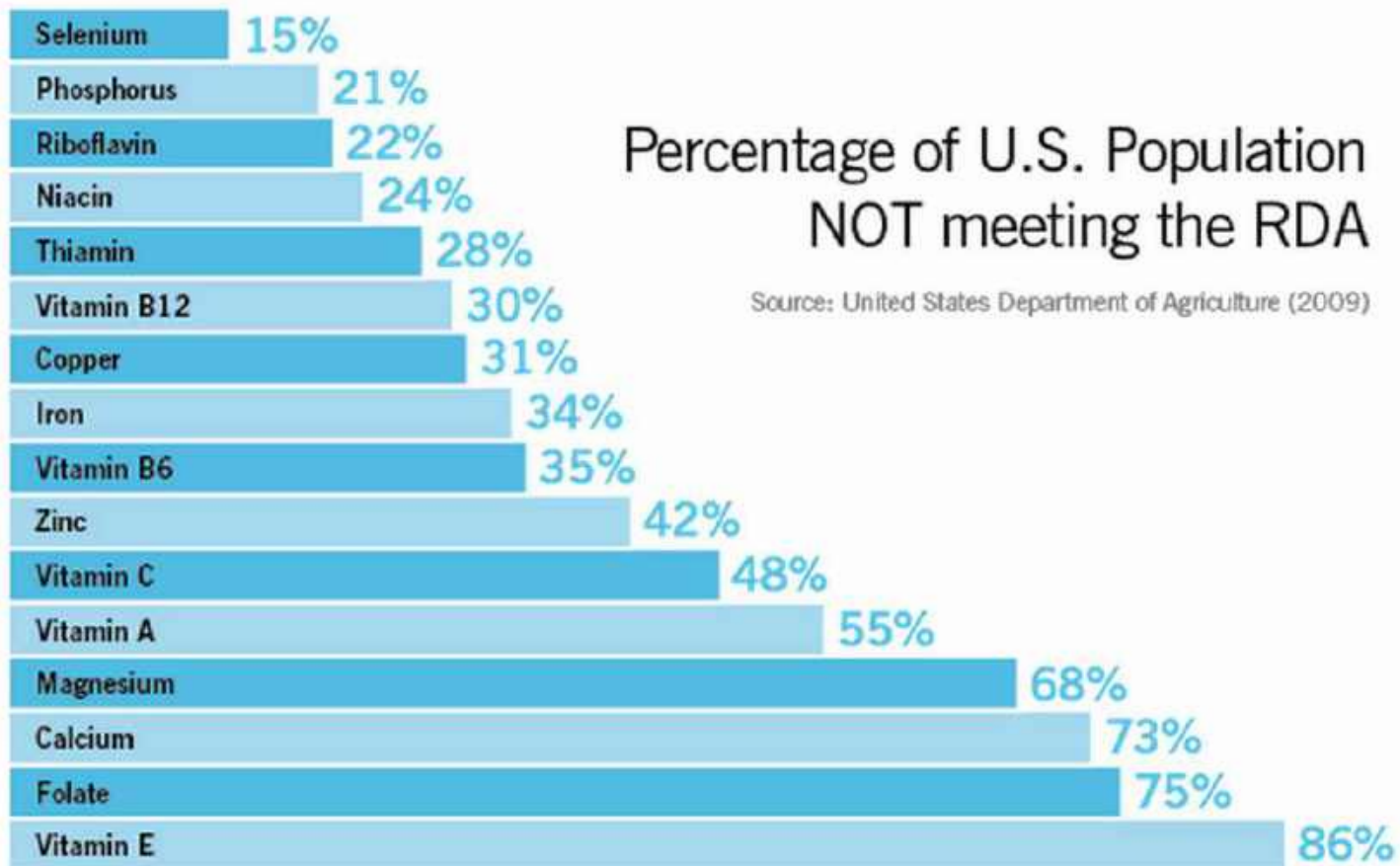
DREW RAMSEY MD

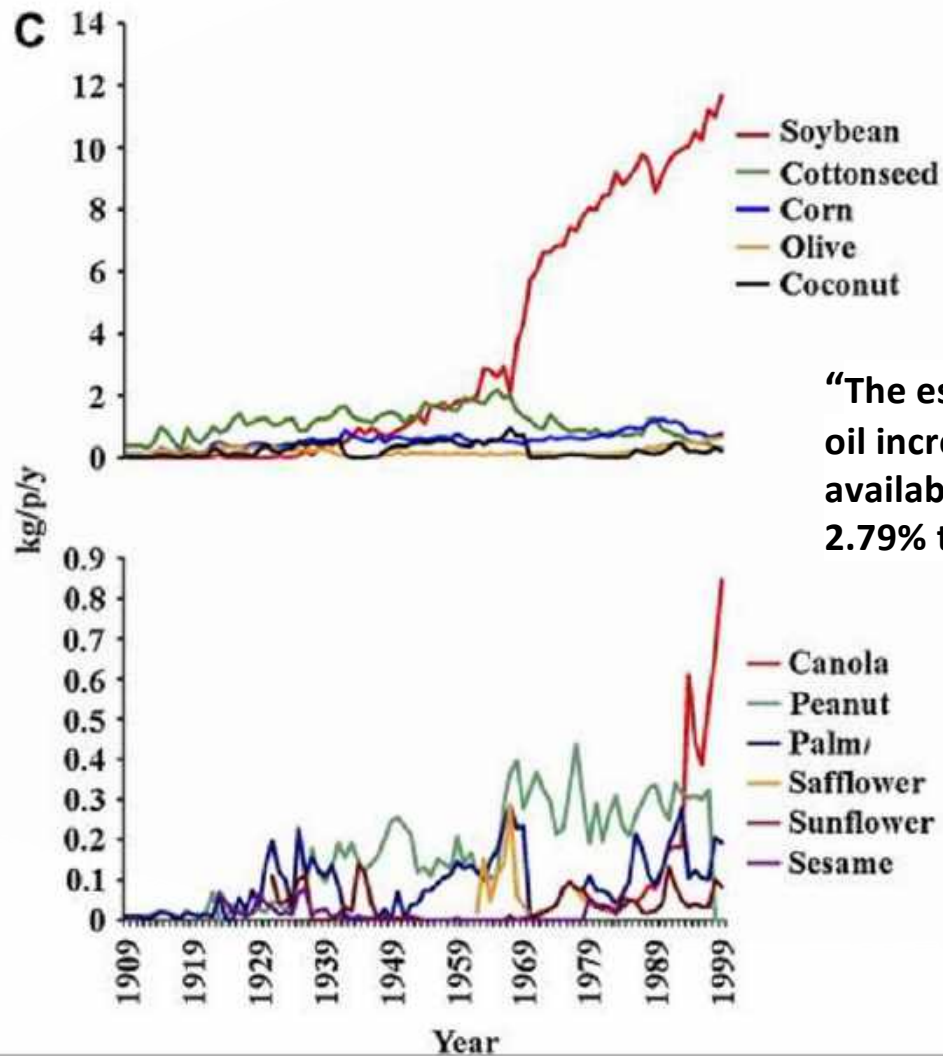
# Dietary Change in last 100 years



- Whole Food to Processed
- ↑ Sugar and Refined Carbs
- Animal to Vegetable Fats
- Omega-3 to Omega-6
- New Molecules: Food Dyes, Preservatives, Trans-fats







**“The estimated per capita consumption of soybean oil increased >1000-fold from 1909 to 1999. The availability of linoleic acid (LA) increased from 2.79% to 7.21% of energy ( $P < 0.000001$ ).”**

# The Rise of Vegetable Oils

Omega-3 – Omega-6

1 - 40



1 - 39



# The Mediterranean Diet

## Does Good Food = Good Mood?

**Table 2. Association Between Adherence to the Mediterranean Dietary Pattern and Risk of Depression**

Variable	Adherence to the Mediterranean Dietary Pattern Score (Median Score)					P Value for Trend
	0-2 (2)	3 (3)	4 (4)	5 (5)	6-9 (6)	
No. of cases per person-years	126/8866	91/8253	97/9240	67/8131	99/9715	
Crude rates per 10 <sup>3</sup> (95% CI) <sup>a</sup>	14.2 (11.8-16.9)	11.0 (8.9-13.5)	10.5 (8.5-12.8)	8.2 (6.4-10.5)	10.2 (8.3-12.4)	
<b>Model 1</b>						
HR (95% CI) <sup>b</sup>	1 [Reference]	0.74 (0.57-0.98)	0.66 (0.50-0.86)	0.49 (0.36-0.67)	0.58 (0.44-0.77)	<.001
<b>Model 2</b>						
No. of cases per person-years	67/8748	48/8167	46/9138	32/8061	44/9605	<.001
HR (95% CI) <sup>b</sup>	1 [Reference]	0.73 (0.50-1.06)	0.56 (0.38-0.83)	0.42 (0.27-0.66)	0.50 (0.33-0.74)	
<b>Model 3</b>						
No. of cases per person-years	86/8726	65/8155	61/9116	50/8075	75/9631	.007
HR (95% CI) <sup>b</sup>	1 [Reference]	0.79 (0.57-1.09)	0.67 (0.48-0.93)	0.56 (0.39-0.80)	0.69 (0.50-0.96)	

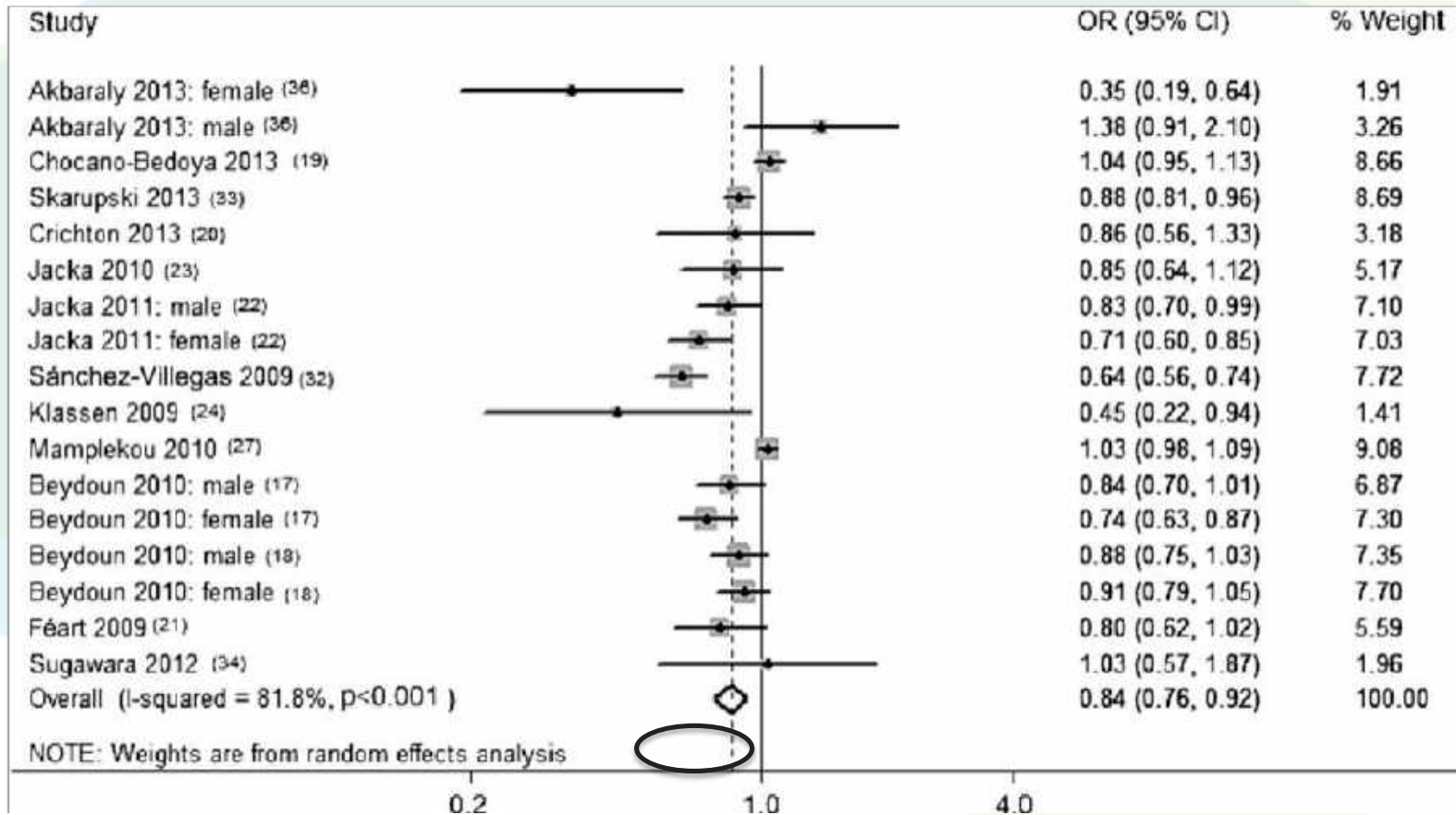
Model 1: sex, age, smoking status, BMI, physical activity, energy intake, employment

Model 2: Excluded Participants w/depression dx in first 2 years

Model 3: Excluded Participants with antidepressant on f/u, No DX



# Does Dietary Pattern Influence Depression Risk?



Abstract

Background

Methods

Results

Discussion


Conclusions

Declarations

References

Research article | [Open Access](#) | [Open Peer Review](#)

## A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

Felice N. Jacka , Adrienne O'Neil, Rachelle Opie, Catherine Itsiopoulos, Sue Cotton, Mohammedreza Mohebbi, David Castle, Sarah Dash, Cathrine Mihalopoulos, Mary Lou Chatterton, Laima Brazionis, Olivia M. Dean, Allison M. Hodge and Michael Berk

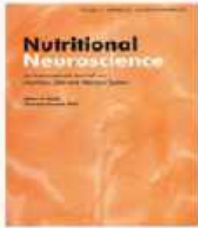
*BMC Medicine* 2017 15:23

<https://doi.org/10.1186/s12916-017-0791-y> | © The Author(s). 2017

Received: 31 August 2016 | Accepted: 11 January 2017 | Published: 30 January 2017

# SMILES

- 12-week, parallel-group, single blind, RCT
- Adjunctive dietary intervention vs. social support “befriending” protocol
- 7 individual nutritional consulting sessions clinical dietician.
- N = 67 (diet intervention,  $n = 33$ ; control,  $n = 34$ ).
- Remission (MADRS score  $< 10$ ) 32.3% ( $n = 10$ ) intervention and 8.0% ( $n = 2$ ) controls respectively
- Number needed to treat (NNT) based on remission scores was 4.1 (95% CI of NNT 2.3–27.8).



## Nutritional Neuroscience

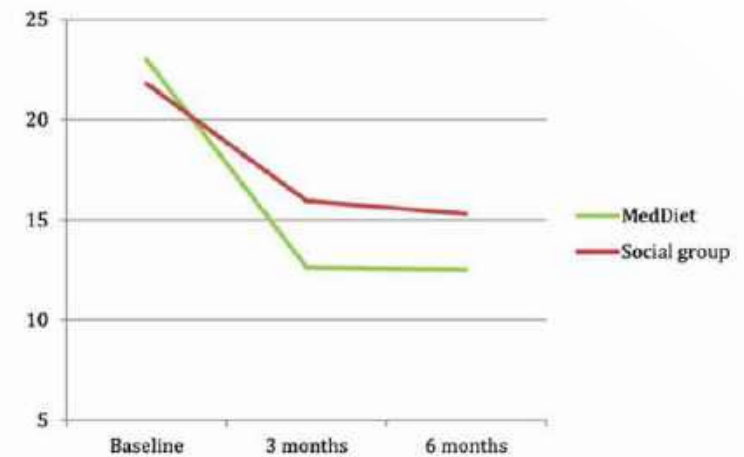
An International Journal on Nutrition, Diet and Nervous System

ISSN: 1028-415X (Print) 1476-8305 (Online) journal homepage: <https://www.tandfonline.com/loi/ynns20>

### A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELFIMED)

Natalie Parletta, Dorota Zarnowiecki, Jihyun Cho, Amy Wilson, Svetlana Bogomolova, Anthony Villani, Catherine Itsiopoulos, Theo Niyonsenga, Sarah Blunden, Barbara Meyer, Leonie Segal, Bernhard T. Baune & Kerin O'Dea

Figure 4 DASS depression scores at baseline, 3 and 6 months.



- N = 152
- MedDiet cooking workshops for 3 months + low-dose fish oil 6 months vs. social groups for 3 months.
- Depression scores improved by 45% in the MedDiet, 26.8% in the Social group.
- Changes sustained at 6 months.



## Original Investigation

March 5, 2019

### Effect of Multinutrient Supplementation and Food-Related Behavioral Activation Therapy on Prevention of Major Depressive Disorder Among Overweight or Obese Adults With Subsyndromal Depressive Symptoms The MoodFOOD Randomized Clinical Trial

Meriska Bot, PhD<sup>1</sup>; Ingeborg A. Brouwer, PhD<sup>2</sup>; Miguel Baca, PhD<sup>3</sup>; et al; Elisabeth Kohls, PhD<sup>4</sup>; Brenda W. J. H. Penninx, PhD<sup>1</sup>; Ed Watkins, PhD<sup>5</sup>; Gerard van Groenou, MSc<sup>1</sup>; Mieke Cabot, MSc<sup>6</sup>; Ulrich Hegerl, PhD<sup>4</sup>; Marçalda Gil, PhD<sup>3</sup>; Mathew Owens, PhD<sup>7</sup>; Marjolijn Visser, PhD<sup>8</sup>; for the MoodFOOD Prevention Trial Investigators

N = 1025

12-month follow-up, 105 (10%) developed MDD:

25 (9.7%) in placebo without therapy,

26 (10.2%) in placebo with therapy,

32 (12.5%) in supplement without therapy

22 (8.6%) in supplement with therapy group.

**None of the treatment strategies effected MDD onset.**

**“These results are the first to show that young adults with elevated depression symptoms can engage in and adhere to a diet intervention, and that this can reduce symptoms of depression.”**

RESEARCH ARTICLE

## **A brief diet intervention can reduce symptoms of depression in young adults – A randomised controlled trial**

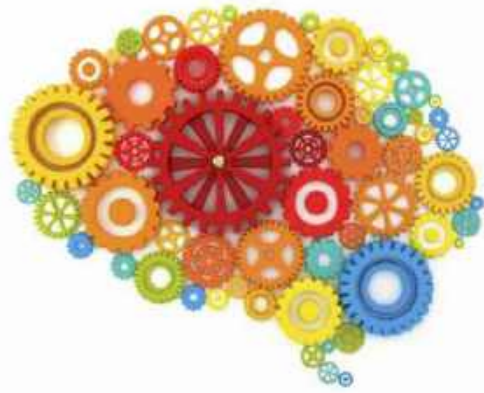
**Heather M. Francis <sup>1\*</sup>, Richard J. Stevenson<sup>1</sup>, Jaime R. Chambers<sup>2,3</sup>, Dolly Gupta<sup>1</sup>, Brooklyn Newey<sup>1</sup>, Chai K. Lim <sup>4</sup>**

**1** Psychology Department, Macquarie University, Sydney, NSW, Australia, **2** Sydney Integrative Medicine, Level 1, Sydney, NSW, Australia, **3** Cooper St Clinic, Sydney, NSW, Australia, **4** Biomedical Sciences, Macquarie University, Sydney, NSW, Australia

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# Mechanisms

1. Nutrient deficiency/Insufficiency
2. Neuroplasticity and BDNF
3. Inflammation
4. Plants and phytonutrients
5. Microbiome
6. Toxic Diet Effects – *trans*-fats, food dyes, increased medication load



**Brain  
Food Rx**

# Brain Food in the Clinic

–

## Build A Better Brain

- What is a Brain Food?
- Nutrient Density
- Dietary Patterns
- Neuroplasticity
- FOOD

### TARGETS

- Mood, Memory, Focus, Energy, Sleep, Cognitive Function

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*“Let’s talk about what you eat.”*

**NUTRITIONAL PSYCHIATRY ASSESSMENT  
A Day in the Life of an Eater**

What’s the **Dietary Pattern?**

**Relationship** with Food?

**Avoid Diet Dogma** in Clinical Practice!

High Yield Foods and Food Categories

Plants, Seafood, Meat, Snacks

**MOTIVATIONS**

Diagnosis, weight, internal or external?

**FOOD SKILLS**

**COSA** Cooking, Organizing, Sourcing, Access

**SMART GOALS** - Specific, Measurable, Achievable, Realistic and Timely

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## “I Eat a Healthy Diet.....”

Count Calories  
Avoid Cholesterol  
Avoid Fat  
No Red Meat  
2 Glasses Red Wine



# DAY 1



Breakfast

1 plain bagel



Lunch

Ham sandwich on a plain hero



Snack

1 package of freeze dried ice cream



Dinner

3 pulled pork tacos with corn salsa

# DAY 2



Breakfast

3 scrambled eggs  
blueberry toast with avocado



Lunch

2 servings of penne arrabbiata



Snack

2 cranberry & white chocolate cookies



Dinner

Roasted pork with corn & white rice

# DAY 3



Breakfast

Scrambled egg whites with 2 English muffins



Lunch

1 slice of cheese pizza



Snack

Sour gummy candy



Dinner

Roasted pork & potatoes

## EAT TO BEAT DEPRESSION - SIMPLE SWAPS

<p>All-Fruit Smoothie ⇨</p> 	<p>Fruit, Veggie &amp; Nut Smoothie</p> 	<p>French Fries ⇨</p> 	<p>Oven-baked sweet potato fries</p> 
<p>Muffin ⇨</p> 	<p>Whole grain muffin with nuts, seeds and berries</p> 	<p>Cheese Dip ⇨</p> 	<p>Guacamole</p> 
<p>Beef Burger ⇨</p> 	<p>Salmon Burger</p> 	<p>Ice Cream ⇨</p> 	<p>Banana ice cream or Greek yogurt with berries</p> 
<p>Chicken Burrito ⇨</p> 	<p>Fish Taco</p> 	<p>Soda ⇨</p> 	<p>Herbal tea, seltzer with lemon or lime, kombucha</p> 
<p>Steak &amp; Potatoes ⇨</p> 	<p>Beef &amp; Vegetable Stew</p> 	<p>Candy ⇨</p> 	<p>Dark chocolate, dried fruit</p> 
<p>Pasta w/Cream Sauce ⇨</p> 	<p>Spiralized zucchini with tomato sauce</p> 	<p>Potato chips ⇨</p> 	<p>Kale chips or crumble</p> 

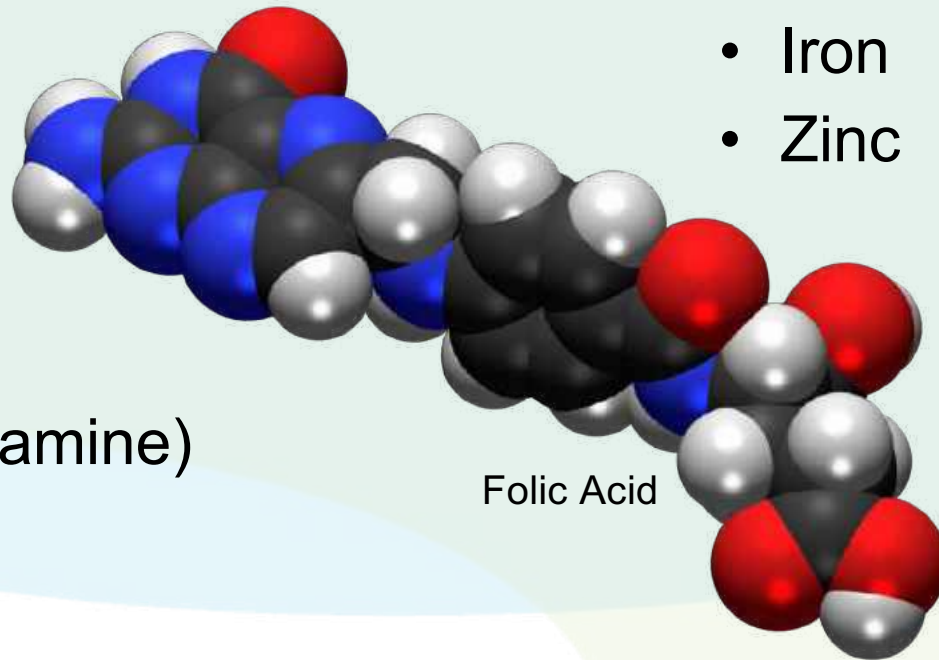
photos © iStock.com



# Brain Food Nutrients

- Omega-3s
- Folate
- Fiber
- Vitamin B12
- Vitamin D
- Vitamin B1 (thiamine)
- Magnesium
- Calcium
- Vitamin E (Tocopherols & Tocotrienols)

- Choline
- Iron
- Zinc





**Antidepressant foods: An evidence-based nutrient profiling system for depression**

Laura R LaChance, Drew Ramsey



RESEARCH QUESTION

→ What are the most **nutrient dense** foods to prevent and promote recovery from depressive disorders ?

## Top Plant Foods

1. Watercress
2. Spinach
3. Mustard, Turnip, or Beet Greens
4. Lettuces (red, green, romaine)
5. Swiss Chard
6. Fresh Herbs (basil, cilantro, parsley)
7. Chicory Greens
8. Pummelo
9. Peppers (bell, serrano, jalapeno)
10. Kale or Collards
11. Pumpkin
12. Dandelion Greens
13. Cauliflower
14. Kohlrabi
15. Red Cabbage
16. Broccoli
17. Brussels Sprouts
18. Acerola
19. Butternut Squash
20. Papaya

## Top Animal Foods

1. Oysters
2. Liver and Organ Meats (spleen, kidney, heart)
3. Poultry Giblets
4. Clam
5. Mussels
6. Octopus
7. Crab
8. Goat
9. Tuna
10. Smelt
11. Fish Roe
12. Bluefish or Wolffish
13. Pollock
14. Lobster
15. Rainbow Trout
16. Snail or Whelk
17. Salmon
18. Herring
19. Emu
20. Snapper

## EAT TO BEAT DEPRESSION - TOP NUTRIENTS

	<p><b>ZINC</b></p> <p>PUMPKIN SEEDS (1/4 cup) 31%</p> <p>OYSTERS (8) 113%</p> <p>GROUND TURKEY (3 oz) 23%</p> <p>STEAK (5 oz) 175%</p> <p>SESAME SEEDS (1/4 cup) 34%</p>		<p><b>MAGNESIUM</b></p> <p>ALMONDS (1 oz) 25%</p> <p>SPINACH (1 1/2 cups) 24%</p> <p>CASHEWS (1 oz) 23%</p> <p>BLACK BEANS (1 1/2 cups) 19%</p> <p>SOYBEANS (1/2 cup) 18%</p>
<p><b>B12</b></p> <p>CLAMS (3 oz) 1401%</p> <p>BEEF LIVER (3 oz) 1178%</p> <p>MUSSELS (3 oz) 833%</p> <p>SARDINES (3 oz) 238%</p> <p>CRAB (3 oz) 127%</p>		<p><b>FIBER</b></p> <p>NAVY BEANS (1 cup) 76%</p> <p>LENTILS (1 cup) 63%</p> <p>TEMPEH (1 cup) 48%</p> <p>RASPBERRIES (1 cup) 32%</p> <p>COLLARD GREENS (1 cup) 20%</p>	
	<p><b>IRON</b></p> <p>PUMPKIN SEEDS (1/4 cup) 47%</p> <p>OYSTERS (3 oz) 44%</p> <p>DARK CHOCOLATE (3 oz) 39%</p> <p>SESAME SEEDS (1/4 cup) 29%</p> <p>SPINACH (1/2 cup) 17%</p>		<p><b>OMEGA3s</b></p> <p>WILD SALMON (3 oz) 2172 mg</p> <p>ANCHOVIES (3 oz) 1776 mg</p> <p>SARDINES (1 oz) 1242 mg</p> <p>TUNA (3 oz) 808 mg</p> <p>OYSTERS (3 oz) 511 mg</p>
<p><b>GOOD BUGS</b></p> <p>The number of healthy bacteria in a fermented food is quantified by CFUs (colony forming units). All these foods are rich in live cultures.</p> <p>KEFIR SAUERKRAUT YOGURT KOMBUCHA KIMCHI</p>		<p><b>PHYTONUTRIENTS</b></p> <p>RED PEPPERS: Lycopene</p> <p>SWEET POTATO: Carotenoids</p> <p>BROCCOLI: Sulforaphanes</p> <p>BLUEBERRIES: Anthocyanins</p> <p>ONIONS: Quercetin</p>	

photos © www.123rf.com

## Top Iron Foods (per 100 grams)



28mg (155%)



23 mg (129%)



6.1mg (34%)



15mg (83%)





17mg (97%)

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**nature  
neuroscience**

Article | Published: 26 October 2014

### Enhancing dentate gyrus function with dietary flavanols improves cognition in older adults

Adam M Brickman, Usman A Khan, Frank A Provenzano, Lok-Kin Yeung, Wendy Suzuki, Hagen Schroeter, Melanie Wall, Richard P Sloan & Scott A Small [✉](#)

*Nature Neuroscience* **17**, 1798–1803(2014) | [Cite this article](#)

923 Accesses | 133 Citations | 1242 Altmetric | [Metrics](#)

The New York Times

### *To Improve a Memory, Consider Chocolate*



Cocoa flavanol extracted from fresh cocoa beans. [AP/Wide World](#)

By Pam Belluck

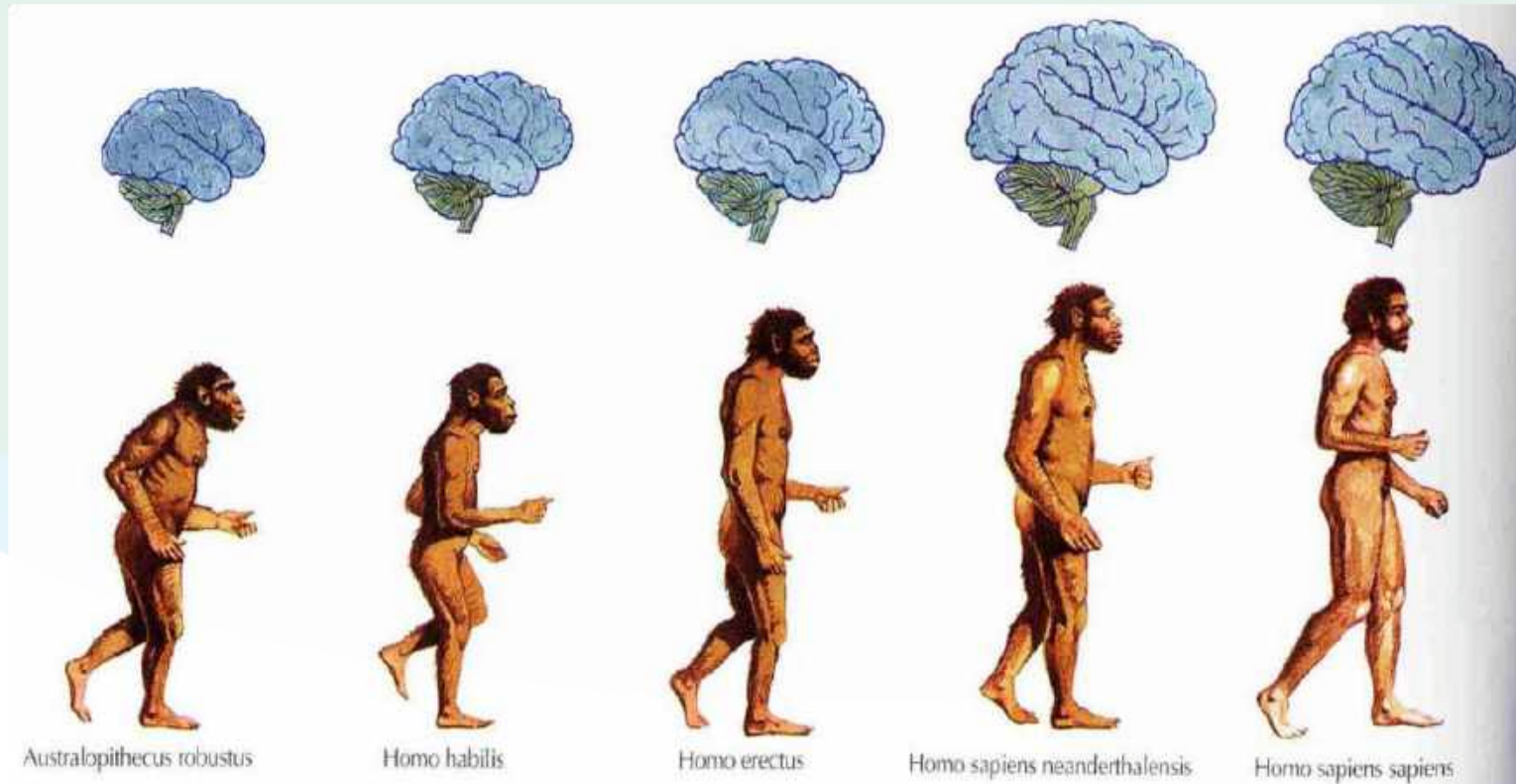
Oct. 26, 2014

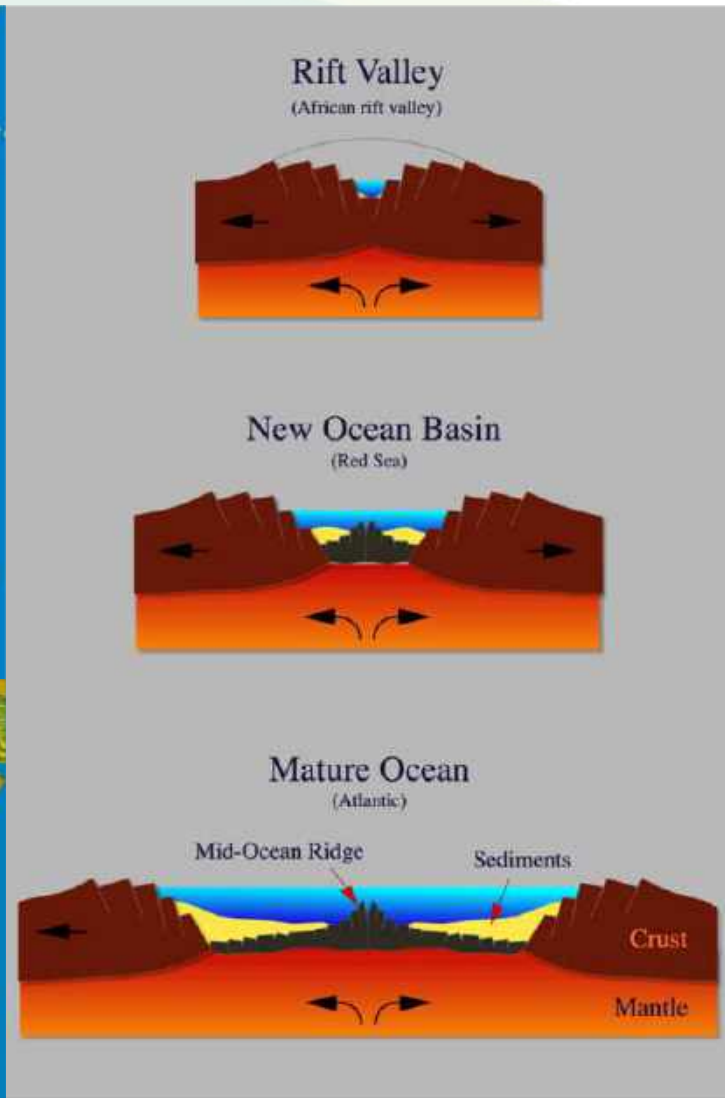


- Controlled randomized trial
- 50–69-year-old subjects who consumed either low or high cocoa flavanol-containing diet for 3 months.
- *A high-flavanol intervention was found to enhance DG function, as measured by fMRI and by cognitive testing.*

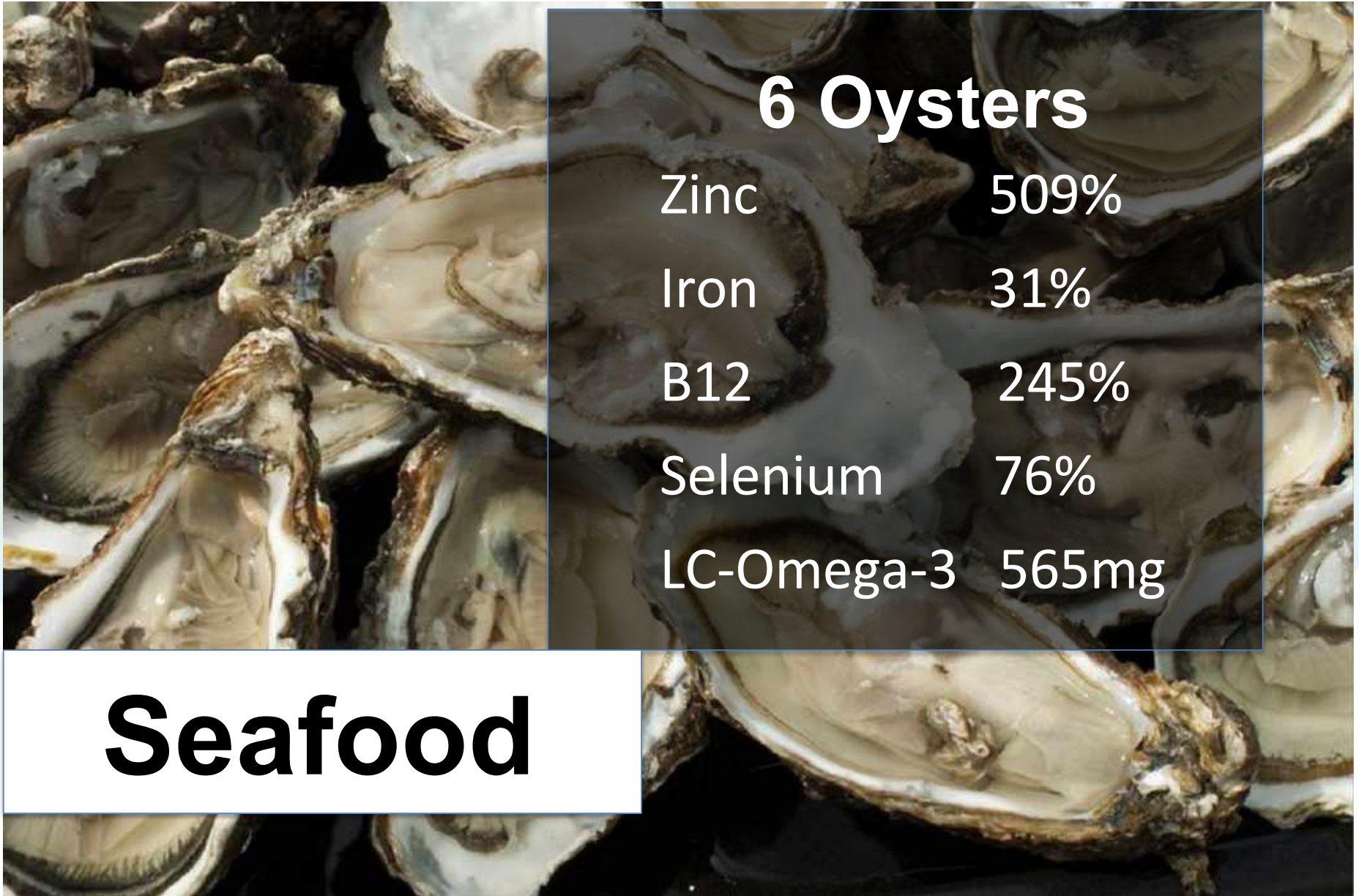
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# Survival of the Fattest





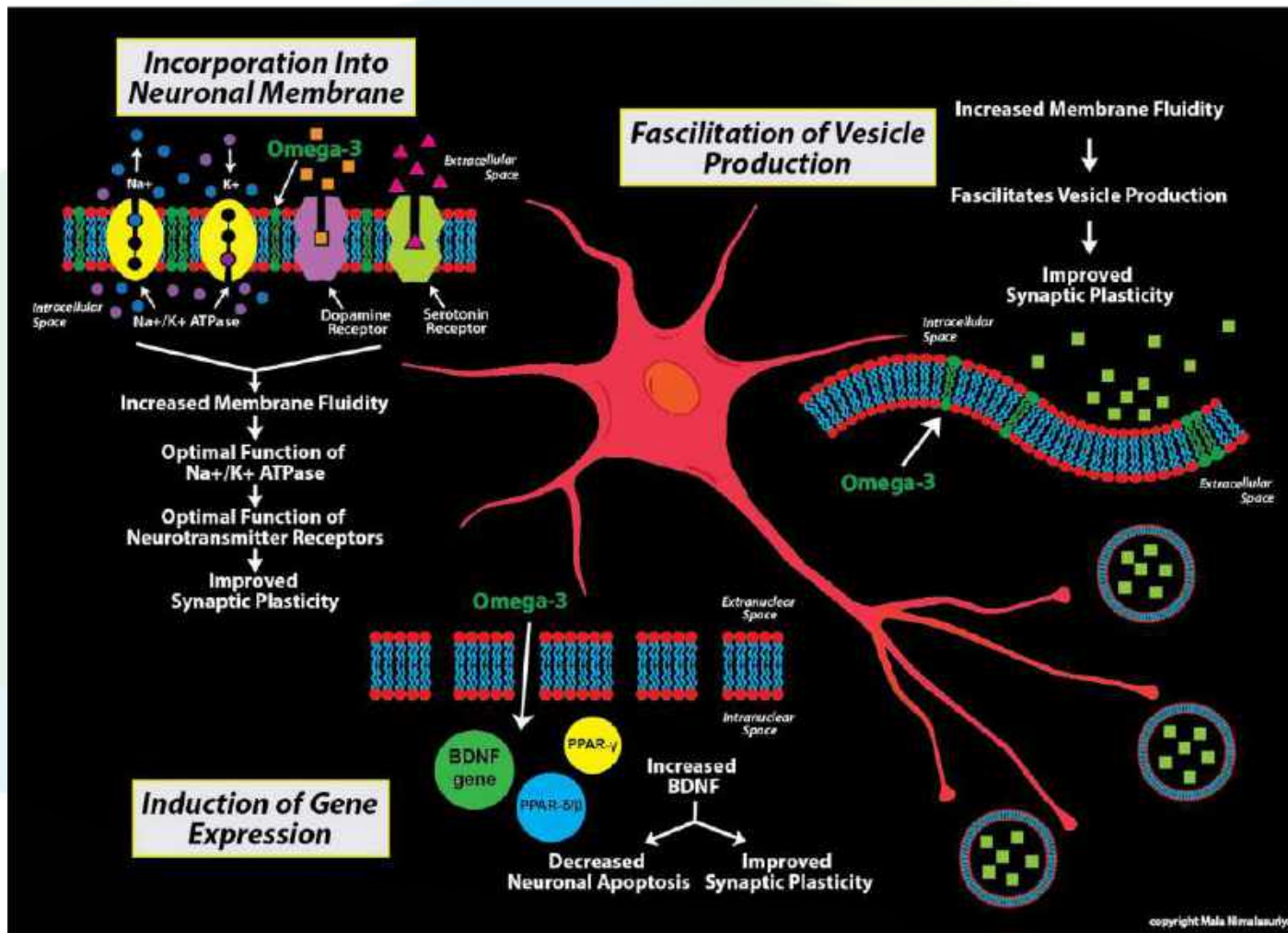




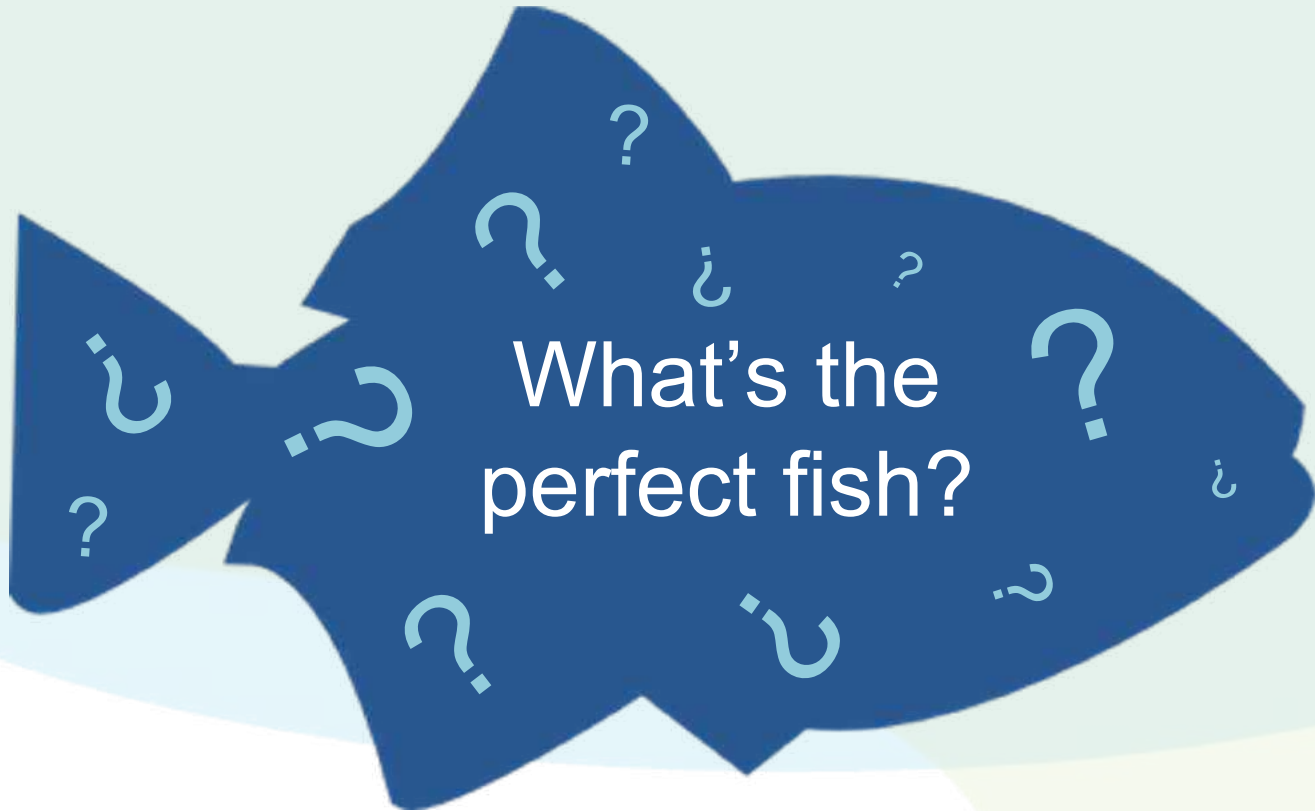
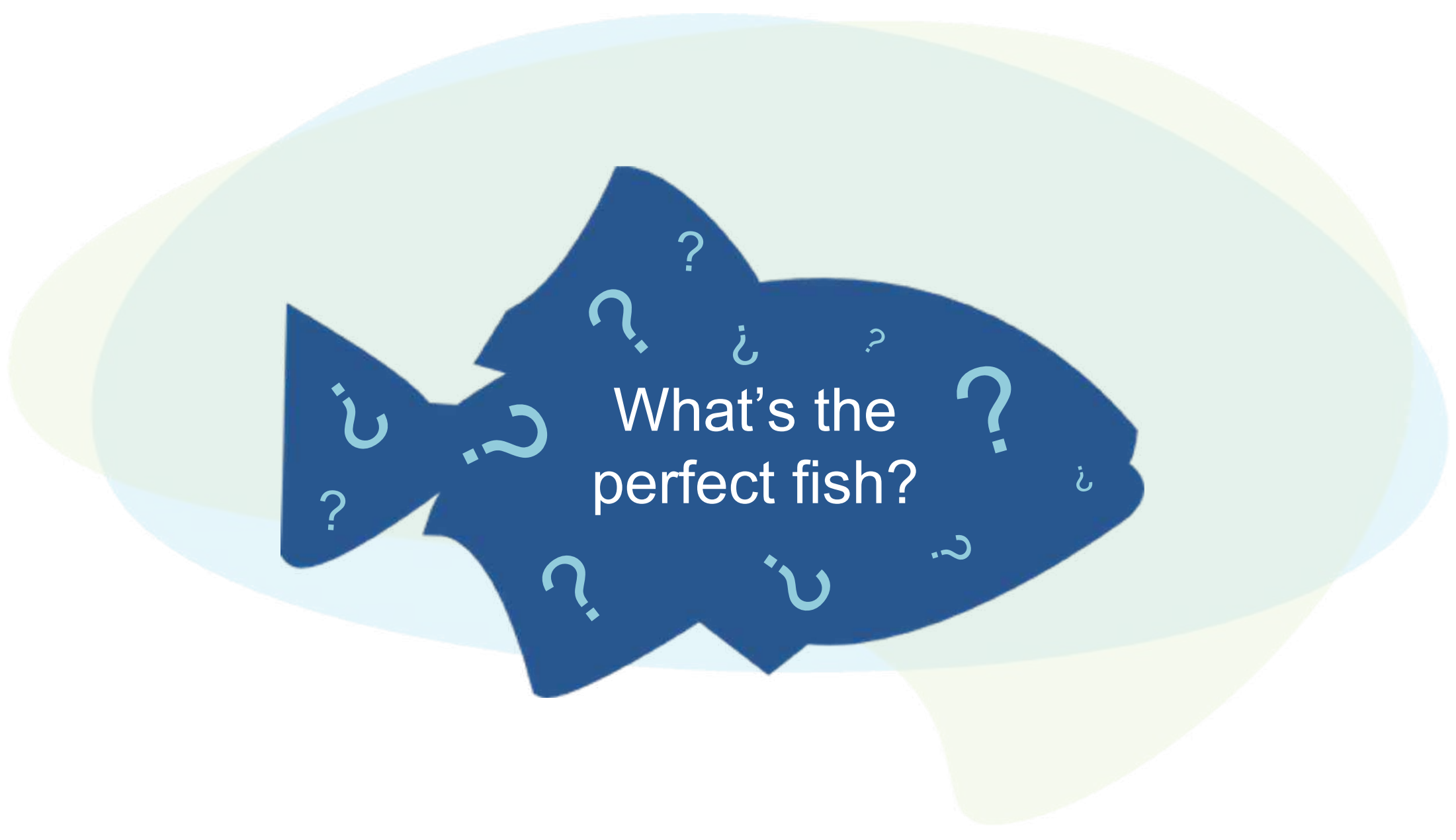
## 6 Oysters

Zinc	509%
Iron	31%
B12	245%
Selenium	76%
LC-Omega-3	565mg

**Seafood**







What's the perfect fish?

# High Omega-3/Low Mercury Fish

Variety of Fish	Milligrams of EPA and DHA Per 4 Ounces of Cooked Fish	Micrograms of Mercury Per 4 Ounces of Cooked Fish
Mackerel*	1,350 – 2,100	8 – 13
Shad	2,300 – 2,400	5 – 10
Oysters	1,550	2
Salmon	700 – 900	2
Herring	2,300 – 2,400	5 – 10
Sardines	1,100 – 1,600	2
Anchovies	2,300 – 2,400	5 – 10
Rainbow Trout	1,000 – 1,100	11

THREE DAY SALE  
**APRIL 18-20**

Wild-Caught  
**Coho  
Salmon  
Fillet**

Product of USA  
Previously frozen

SAVE  
**\$8**

**\$9<sup>99</sup>**  
**LB**

\*No extra charges. While supplies last.

Reg. 17.99 lb

Photo by  
Ellen Silverman



DREW RAMSEY MD





**Kale**





# *The Rule of Kale*

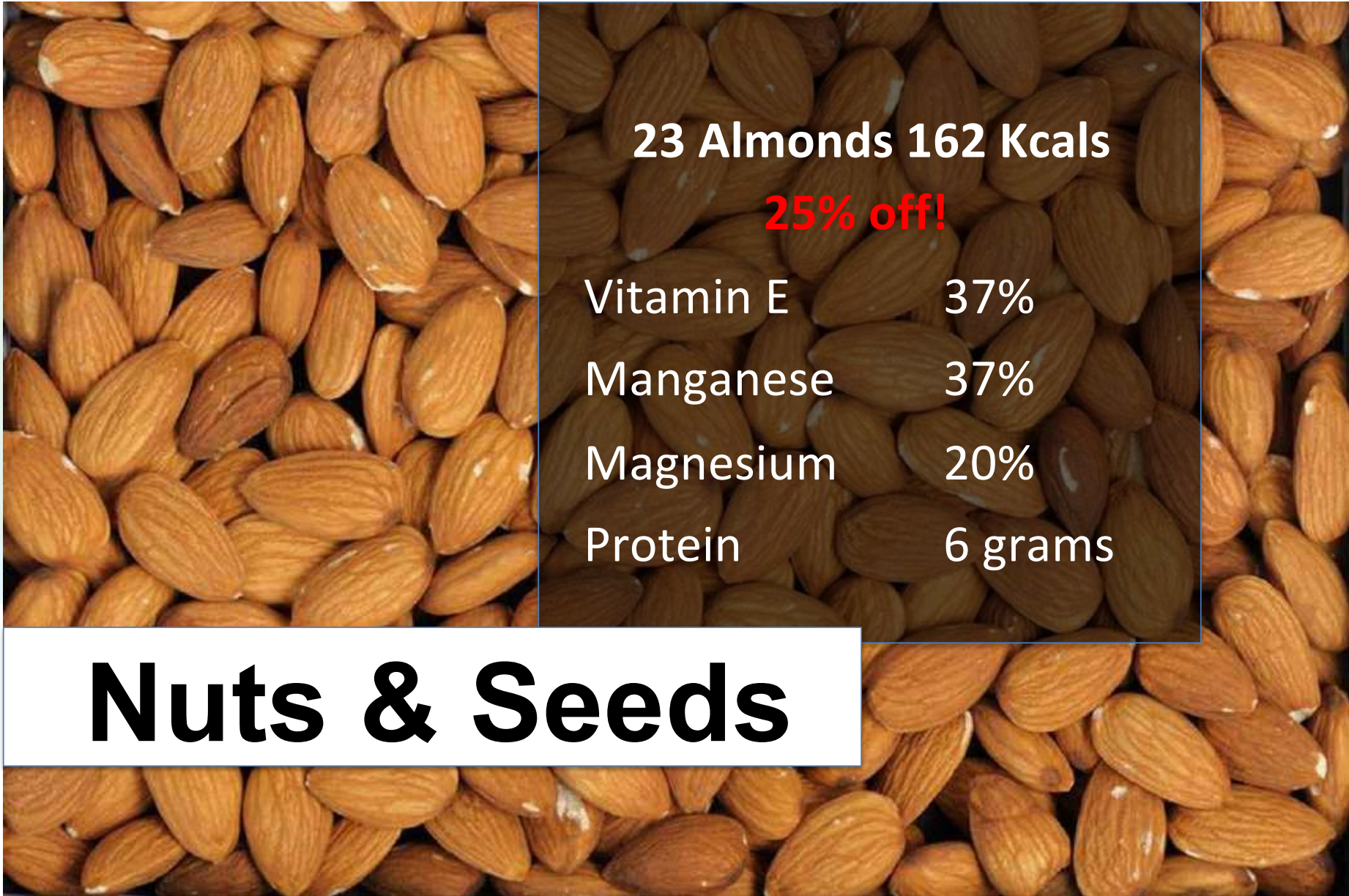
**BRAIN FOOD =**

**Nutrient Density  
Culinary Versatility  
Local Availability**

# Leafy Greens: Practical Advice

- Massage thicker greens (kale) before eating raw
- Experiment - many options, find ones you like
- Meal Prep: Sauté leafy greens in the beginning of the week
- Add a handful of leafy greens to every meal ( eggs, smoothies)
- The Pasta Trick
- Organic matters
- Pesto
- Beet Greens





23 Almonds 162 Kcals

**25% off!**

Vitamin E 37%

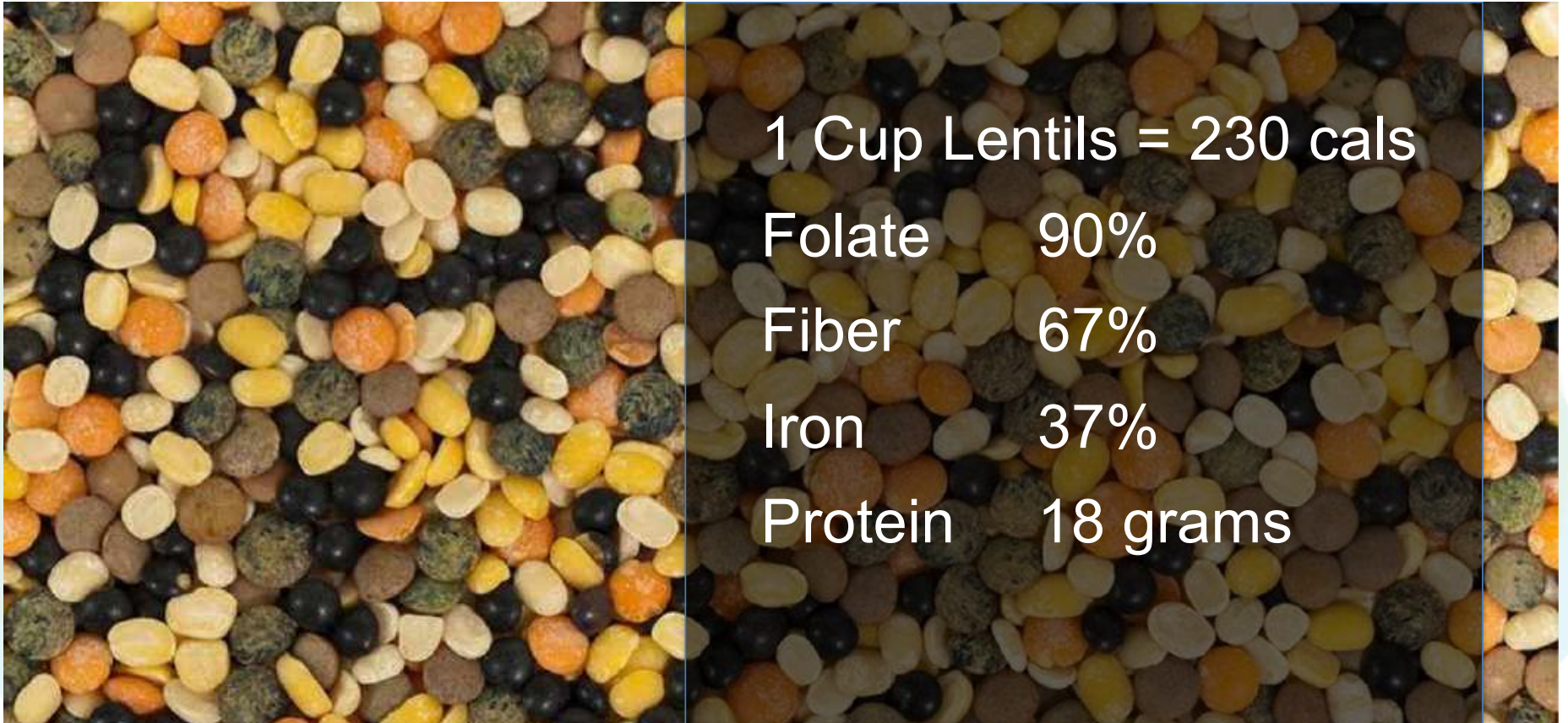
Manganese 37%

Magnesium 20%

Protein 6 grams

# Nuts & Seeds





1 Cup Lentils = 230 cal

Folate 90%

Fiber 67%

Iron 37%

Protein 18 grams

# Beans & Legumes





Photo by  
Ellen Silverman

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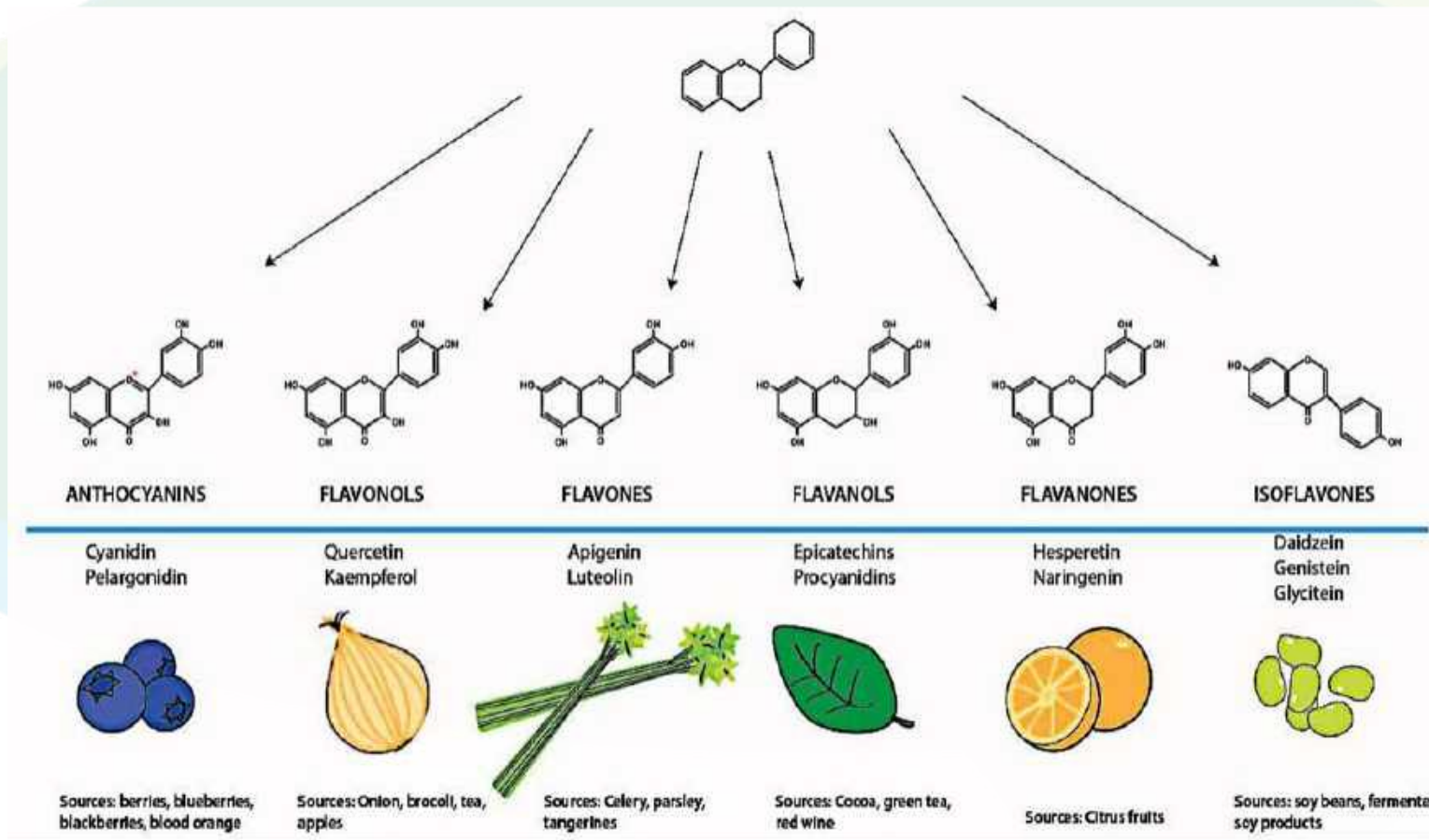


Photo by  
Ellen Silverman

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# The Flavonoids





# Rainbow Colors = Phytonutrients



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Six Servings  
Per Day?!

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# BIPOLAR DISORDERS

AN INTERNATIONAL JOURNAL OF PSYCHIATRY AND NEUROSCIENCES

ORIGINAL ARTICLE

## Adjunctive probiotic microorganisms to prevent rehospitalization in patients with acute mania: A randomized controlled trial

Faith Dickerson , Maria Adamos, Emily Katsafanas, Sunil Khushalani, Andrea Origoni, Christina Savage, Lucy Schweinfurth, Cassie Stallings, Kevin Sweeney, Joshana Goga, Robert H Yolken

First published: 25 April 2018 | <https://doi.org/10.1111/bdi.12652> | Cited by: 8

*Neurosci Biobehav Rev.* 2019 Jul;102:13-23. doi: 10.1016/j.neubiorev.2019.03.023. Epub 2019 Apr 17.

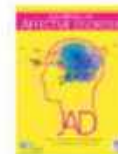
### Prebiotics and probiotics for depression and anxiety: A systematic review and meta-analysis of controlled clinical trials.

Liu RT<sup>1</sup>, Walsh RFL<sup>2</sup>, Sheehan AE<sup>2</sup>.



Journal of Affective Disorders

Volume 228, 1 March 2018, Pages 13-19



Review article

## A meta-analysis of the use of probiotics to alleviate depressive symptoms

Qin Xiang Ng <sup>a</sup> , Christina Peters <sup>b</sup>, Collin Yih Xian Ho <sup>c</sup>, Donovan Yutong Lim <sup>d</sup>, Wee-Song Yeo <sup>e, f</sup>

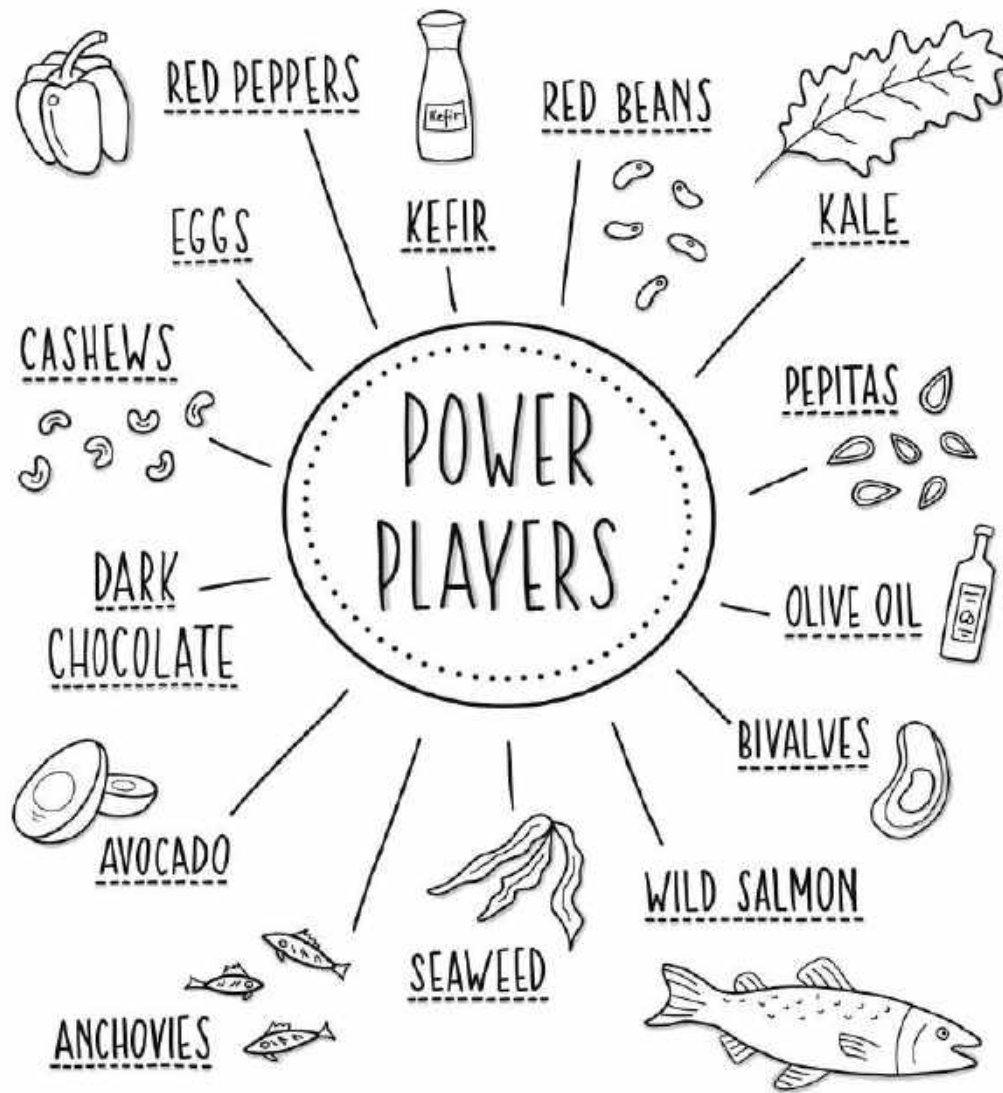
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# The Pharmacy

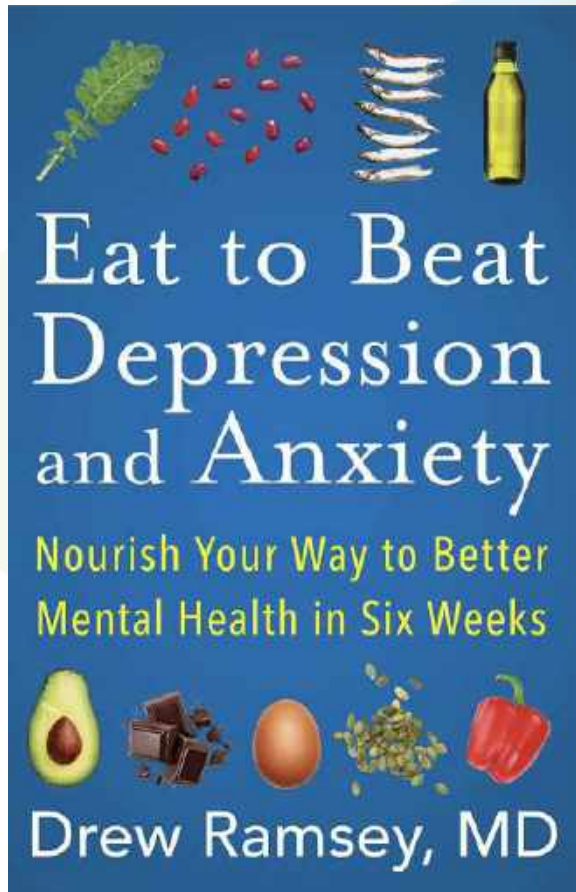


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# Can You Eat to Build a Better Brain?

- BRAIN GROW!
- Neuroplasticity and Inflammation
- Dietary pattern and Nutrient Density
- **Colors** – Fats – Fun
- Don't be scared of fish! Remember Clams!
- Whole Foods or MDP
  - Protective for Depression & Dementia?
- Learn from History
  - Put the Genie Back in the Bottle



# Feed Your Mental Health!

The Brain Food Clinic

Sign up for our Friday Feels Newsletter  
Nutritional Psychiatry Clinician Training  
New Healing The Modern Brain ecourse

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