

## —FOOD AND MOOD VOL 4, 2105 B(1 CEC) –C. KRAFFT

Submit answers with \$5 for 1 CEC. Passing score is 80%. Checks payable to A-PAI, 547 WCR 18, Longmont, CO 80504.

As usual, some natural foods that have been avoided for the wrong reasons, some vitamins we lose from some man made protections for man made problems, and myths on fats and proteins have caused swings that are depriving humans of some nutrients needed to influence brain chemistry, mood, and depression. This information is based on an article by Susan M. Kleiner, PhD. R.D.

### Eggs– Choline

Choline is found in egg yolks and is deficient in American diets because of the unfounded fear of cholesterol and fat in the yolk. Choline is a B vitamin is part of the neurotransmitter acetylcholine. It helps with nutrients in and toxins out of brain cells. Low levels of choline have been linked to anxiety and depression. There is no association with increased blood cholesterol and egg yolks. 1-2 eggs per day can increase choline intake by 50 %.

### Sunscreen-Vitamin D

Vitamin D is very important in preventing depression. Vitamin D deficiency is now a global concern. People now spend more time indoors and wear sunblock and sunscreen when outdoors. UV converts vitamin D to its active form. Because of skin cancer issues caused by man made ozone problems the man made protection is preventing vitamin D conversion. People are afraid of milk products because of hormones and fat. Milk, fatty fish, and vitamin D-3 are required to get active vitamin D into our diets.

### Fish Oils-DHA and EPA

Fish oil treatment has been shown to help people with mild to moderate depression. Daily intake of 1000mg of DHA plus EPA or 3-5 4 oz. of sardines, salmon, herring, trout, black cod, shellfish and canned tuna in original fish oil.

### Carbohydrates and Protein– The right combination.

Too few carbohydrates can cause low levels of serotonin by allowing tryptophan to cross the blood-brain barrier. Low serotonin which can cause depression and problems preparing the body to sleep. You need protein to build serotonin. You should not go below 40% calories from carbs in the diet to prevent this condition.

### Plants– EAT THEM!!! They are the good carbs.

Rule of thumb. If it is a plant eat it. If it comes from a plant (industrial) don't.

1. Why is sunscreen bad and good and what can you do about it?
2. Why are eggs bad and good?
3. Why is a tuna sandwich on multi grain bread a great food ( 2 reasons)?
4. What is the minimum percent of carbs in the diet and why?
5. If you are going to take supplements, what 2 are recommended in the article?