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Mar 31st, 11:45 AM - 1:15 PM

Ways That Nutrition Can Improve Mental and Physical Well-Being

Will Ravetto

Governors State University, wravetto@student.govst.edu

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Ravetto, Will, "Ways That Nutrition Can Improve Mental and Physical Well-Being" (2023). *GSU Research Day*. 11.

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Road To Recovery

Fruits and Veggies

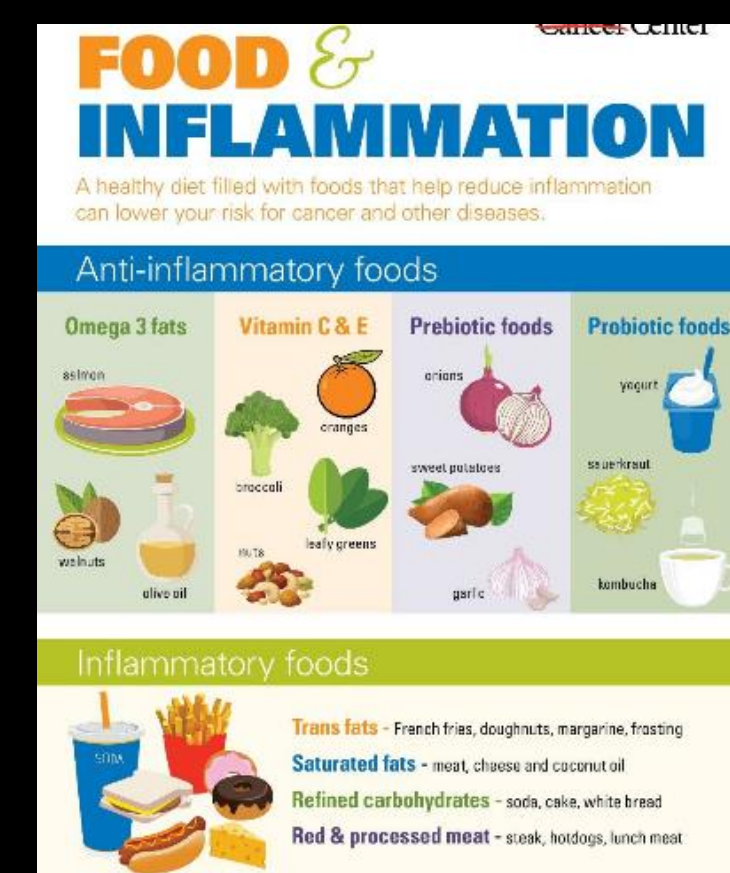
- Raw and fresh fruits and vegetables are essential for the human body to obtain the vitamins it needs to recover from sickness and injury.
- Foods that rank top of the list are leafy greens like spinach which are high in vitamin C, manganese, magnesium, folate, and provitamin A.
- These nutrients support immune health that helps restore one's body from trauma.
- Fruits, like any type of berry, are also essential for recovery. They are anti-inflammatory foods which helps the body heal from injury from irritation the body has gone through.
- All fruits give the body the clean energy it needs to feel and heal its best.

Proteins and Fats

- Proteins are the building blocks to helping our bodies fuel muscle fibers and fight soreness.
- Different types of proteins like meat, eggs, and dairy products which provide amino acids, improve immune function and overall healing.
- Fats like nuts and fish are also essential in a healthy diet. Unsaturated fats are needed to support your body. Nuts and fish are a good source of zinc, vitamin E, manganese, and magnesium.
- Fish like salmon and tuna contain the most optimal omega-3 fats: DHA and EPA.
- Vitamin E acts as an antioxidant in your body, protecting against cellular damage.
- Omega-3 fats like in yogurt, fruits and veggies like broccoli and spinach help immune health as well.

Roadblocks

- Trans and saturated fats such as fried foods and wheat cause the body unnatural inflammation increase.
- These foods raise bad LDL cholesterol which clogs arteries.
- Cane sugar is a main cause of increased inflammation which doesn't allow the body to heal as quickly as it should. Sugars in fruits have minerals and vitamins and take longer to process in the blood stream while added sugars flow quickly and have no nutritional value.



Ways That Nutrition Can Improve Mental and Physical Well-Being



By Will Ravetto



Introduction

I explore the nutrition of basic food groups to improve recovery from injury and mental health. I explain the importance of anti-inflammatories which relieve pain, bring down temperatures, and reduce swelling in the human body, as well as antioxidants which are different vitamins and minerals that prevent or delay cell damage and relieve stress.

Need a Good Way to Start Your Day?

- **Banana-** A high energy fruit that is great to fuel you body
- **Greek Yogurt-** A light food way to get omega-3 fats and protein.



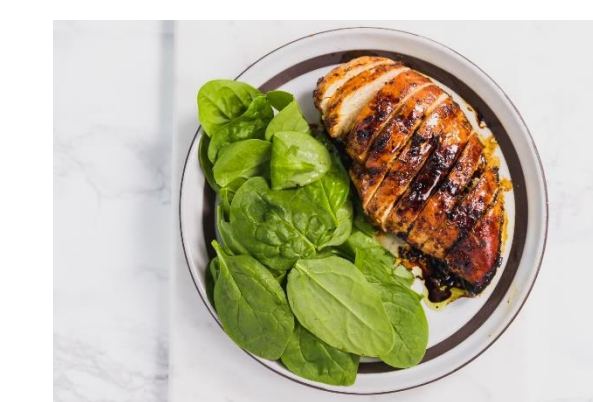
Upcoming Test or Meeting?

- **Blueberries-** Boosts one's brain function and memory. Reduces stress and inflammation helping you perform at your best.
- **Dark Chocolate-** The antioxidant has flavonoid compounds which allow more blood flow to the brain which enhance memory.



Just Finish a Workout?

- **Grilled Chicken-** The high protein food helps restore muscle fibers and provides energy to keep on going.
- **Salad/Veggies-** A source of fiber and vitamins to support immune health and mood stability.



Snack?

- **Nuts-** A small amount packs omega-3 fats and protein that is high calorie.
- **Berries-** Anti-inflammatory, which helps the body feel better. They are high in fiber which stores energy for longer and are low-calorie.



Work Cited



Path to Mental Health

Energy and Memory Boosters

- Fruits, vegetables, and proteins display different qualities to improve energy.
- Fruits all have different uses to help cognition levels and natural vitamins and energy to help preserve a regulating mood.
- Blueberries are great food for the body's immune health and energy, supplying nutrients which help to improve brain function and memory.
- Other fruits like oranges and strawberries are plentiful in vitamin C which helps the brain perform better in memory and decision making.
- Dark greens like broccoli have vitamins that produce sphingolipids to help better memory.
- Meats and proteins help rebuild muscle fibers in the body helping recovery and maintaining high energy levels.

Feel Good Foods

- Foods that have high protein have many positive factors which leads to better mental health. Protein has amino acids which helps reduce depression and anxiety.
- Protein is the main production of amino acids which allow the brain to synthesize the nutrients into dopamine that results in longer lasting energy.
- Berries and other fruits can help reduce stress because they are full of antioxidants and are anti-inflammatory foods.
- Antioxidants neutralize free radicals by giving up some of their own electrons which breaks up a negative chain reaction in cells which helps protect them.
- This improves cell health, brain health, and stress.
- Fruits can lead to much energy gain such as a banana which helps with immune function.
- A banana is rich in Vitamin B6 which helps one's serotonin, and dopamine levels rise.

Breakdown Decisions

- Foods that are high in saturated fats lower energy levels and increase rash changes in mood.
- These also lower dopamine levels.
- Caffeine can harm one's mental state.
- It can temporarily increase energy and rush of dopamine. It also causes withdraws which results in more stress and anxiety.
- Less than 400 mg of caffeine is suggested per day.

