

THE MEDITERRANEAN DIET

The Mediterranean Diet has emerged as a leading dietary pattern to improve mood and treat depression:

Studies show:

- This diet can reduce depression symptoms by 30% in 12 weeks.
- Young men with moderate to severe depression saw a 20.6-point drop on the Beck Depression Inventory after 12 weeks.
- The diet is associated with a significantly lower risk of developing depressive symptoms

Getting started:

- Gradually introduce more Mediterranean diet components into your meals.
- Consult with a nutritionist or dietitian for personalized guidance.
- Be patient – significant improvements can be seen in as little as 3-12 weeks.

Customer Service 800-317-0708 or
989-772-5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989-539-2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989-772-5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989-426-9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231-796-5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989-631-2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231-832-2247

Accredited by:



Joint Commission

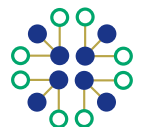
On Accreditation of Healthcare Organizations

CMHCM receives financial support from the Michigan
Department of Health and Human Services.



EAT YOUR WAY TO BETTER MENTAL HEALTH

The power of diet in treating depression.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

DID YOU KNOW?

Did you know that what you eat can significantly impact your mood and mental health? Research shows that unhealthy diets can lead to obesity and depression. Obesity, on its own, can cause brain inflammation, which makes antidepressants less effective. On the other hand, eating a healthy, balanced diet can be more effective in treating depression than antidepressants. Discover how you can harness the power of nutrition to boost your mental well-being.

THE SCIENCE BEHIND FOOD AND MOOD

A healthy diet can:

- Reduce inflammation in the body, which is linked to depression
- Alter neurotransmitters to alleviate depressive symptoms
- Change the structure of your brain, potentially increasing its size
- Improve overall quality of life, including psychological and physical well-being

KEY COMPONENTS OF A BALANCED DIET

- **Fruits and vegetables:** Aim for a variety of colorful produce daily
- **Whole grains:** Choose non-refined grains like brown rice, quinoa, and whole-grain barley
- **Healthy fats:** Incorporate olive oil, nuts, and seeds
- **Fatty fish:** Rich in omega-3s, which are crucial for brain health
- **Lean proteins:** Include legumes and fish in your meals



Foods to Avoid:

- ✗ Refined sugars and processed foods
- ✗ Saturated fats and fried foods
- ✗ Red and processed meats (in excess)
- ✗ High-fat dairy products