



Welcome to Autumn!

As the vibrant colors of fall begin to emerge and the crisp air settles in, it's the perfect time to embrace the season of change. Whether you're eagerly awaiting the cooler weather and the foods to soothe your soul or planning your Halloween festivities, this month's newsletter has something for everyone. We'll explore the connection between diet and mental health, creative ways to boost your fibre intake, fun and healthy Halloween food for kids, and delicious recipes to add more vegetables to your plate this fall.

Wishing you a wonderful October—stay cozy as the temperatures drop!

See you next month!



Alisha Sohi,  
Administrative Dietitian Assistant/  
Newsletter Contributor



Filomena Vernace Inserra,  
Your Registered Dietitian

## *"What you eat could be key to improving your mental health, scientists say"*



A recent news article published by Radio Canada has highlighted the importance of not only eating for our physical health but our mental health as well. Emerging research is increasingly demonstrating a strong connection between the foods we eat and our mental health, particularly in how whole foods can help reduce symptoms of depression and anxiety. This concept, while not new, is now supported by growing evidence. Nutrition's role in mental well-being has been written about for centuries, but recent scientific studies are shedding new light on how diet can impact mood and emotional health.

One key area of focus is the gut microbiome, which refers to the community of trillions of bacteria living in our digestive tract. These microbes, both good and bad, play an essential role in overall health, including digestion and immune function. More significantly, they also influence mental health by affecting the gut-brain connection. The gut communicates with the brain by sending signals through immune cells and



compounds produced by gut bacteria, which can cross the blood-brain barrier, much like medications. This connection helps explain how certain foods can influence mood.

In particular, diets high in fibre, such as the Mediterranean diet, have been shown to promote the growth of beneficial bacteria in the gut. These bacteria strengthen the gut lining, reduce inflammation, and help regulate mood. On the other hand, diets high in ultra-processed foods have been linked to a greater risk of depression. A recent study revealed that participants who consumed more processed foods had a higher likelihood of experiencing depression. This finding supports the idea that a diet focused on whole foods can help improve mental health, while processed foods may contribute to emotional and psychological struggles.

Children's mental health is also influenced by diet. A Canadian study found that children who followed recommendations for a healthy diet, adequate sleep, regular physical activity, and limited screen time were less likely to require mental health interventions as they aged. This underscores the importance of establishing healthy eating habits early in life.

While diet alone is not a cure for mental illness, experts believe that incorporating whole foods into one's diet is a simple yet powerful way to support mental health. Diet is a relatively easy change to make, and research suggests it can enhance the effectiveness of antidepressants and other treatments.

In summary, the growing body of research supports the idea that what we eat can significantly impact our mental health. A diet rich in whole foods, especially those high in fibre, can foster a healthier gut microbiome, reduce inflammation, and improve mood. While diet is not a stand-alone solution, it offers an accessible and cost-effective way to support mental well-being. How can you include more whole foods into your diet?

## How to Include More Fibre in Your Diet



Fibre plays an essential role in maintaining overall health, particularly digestive health, and offers benefits such as regulating bowel movements, lowering cholesterol, and managing blood sugar levels. Additionally, fibre may help reduce the risk of heart disease, certain cancers like colon cancer, and support a healthy body weight. Fibre comes in two forms: insoluble and soluble. Insoluble fibre, found in whole grains and certain vegetables, promotes regularity, while soluble fibre, present in foods like oats, legumes, and certain fruits, helps control cholesterol and blood glucose.

Many people do not get enough fibre in their diet, and this can be especially true for those following a gluten-free diet. Gluten-free foods are often made with refined flours and starches, which are low in fibre. However, maintaining a fibre-rich diet while avoiding gluten is entirely possible. Naturally gluten-free foods like vegetables, fruits, legumes, nuts, and seeds are excellent sources of fibre. In addition, certain gluten-free whole grains such as amaranth, quinoa, millet, buckwheat, and sorghum are also rich in fibre.

### How much fibre should I aim to get?

Men 19-50 years old 38 grams

Men 51 and over 30 grams

Women 19-50 years old 25 grams

Women 51 and over 21 grams

### Tips to Increase Fibre Intake

#### **Grains:**

Choose breads, cereals, and pastas with 2-4 grams of fibre per serving and opt for whole grains like brown rice, teff, or sorghum.

#### **Vegetables and Fruits:**

Prioritize whole vegetables and fruits over juice and incorporate salads, soups, and fruit-based snacks into meals.

#### **Legumes:**

Add lentils, beans, or soybeans to soups, casseroles, and salads for a fibre boost.

#### **Nuts and Seeds:**

Include ground flaxseeds, almonds, and other nuts or seeds in cereals, snacks, or baked goods.

### Gluten Free Sources of Fibre

A gluten-free diet doesn't have to be low in fibre. Many gluten-free whole grains like amaranth, millet, buckwheat, quinoa, and uncontaminated oats are rich in fibre, providing between 10-18 grams per cup. Additionally, vegetables, fruits, legumes, nuts, and seeds are naturally gluten-free and high in fibre, with examples like artichokes, lentils, and raspberries offering substantial amounts. To boost fibre intake, incorporate these foods into meals, snacks, and baked goods consistently. Adding ingredients



like ground flaxseed, quinoa, and gluten-free whole grain flours can help maintain a healthy, fibre-rich diet while avoiding gluten.

# NOURISH: YOUR KITCHEN COMPASS

Inner Health Nutrition's Monthly Group Program



# The Goals of the Program...

- Get organized in the kitchen and prioritize healthy home-cooked meals
- Become confident when shopping for healthier foods at the grocery store
- Simplify meal planning and grocery shopping
- Involve family members in meal planning and meal preparation
- Take the confusion out of eating healthy
- Access new healthy recipes each week
- Help you feel less overwhelmed in the kitchen
- Feel supported knowing you are not alone

## 3 Membership Tiers of NOURISH...

### **Tier 1** - Introductory 30 minute meeting with RD PLUS...

- goal setting and onboarding to Eatlove Meal Planning App
- Weekly recipe collection sent to your inbox! Get 5 new recipes in each collection weekly
- Private Facebook group to post questions, garner support and connect with others on their healthy eating journey
- Once monthly virtual Facebook group meeting hosted by RD to discuss topics which will help you reach your goals.
- **\$79/month**

### **Tier 2** - All the Benefits of Tier 1 PLUS...

- Access to a “Dietitian on Demand” - have a general nutrition question? Send it to our Dietitian and we will have it answered by the next business day.
- **\$99/month**

### **Tier 3** All the Benefits of Tier 1 & 2 PLUS...

- Private 30 minute session each month with RD to reassess goals, discuss specific strategies specific to you. Set up or revise a specific meal plan using the Eatlove App
- Private 30 minute session each month with Registered Social Worker to explore barrier to change and other areas of support



you need.

- \$179/month

Want to learn more? Click [Here](#)

Be part of our community and get feeling inspired again with an affordable approach to healthy eating!

Want to be part of our Founding Members group? Send me an email NOW to join. Click [HERE](#)

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## Healthy Halloween Treats



Who says Halloween treats can't be spooky, delicious, and healthy all at once? Try these fun and nutritious snack ideas with your family, friends, or

at your next Halloween party. Wishing you a frightfully fabulous and "spooktacular" October!

## Green Apple Monsters

*Click [here](#) for the recipe*



## Veggie Skeleton

*Click [here](#) for the recipe*



## Mummy Cookies

*Click [here](#) for the recipe*





## Pretzel Spiders

*[Click here for the recipe](#)*

## RECIPES TO INCORPORATE MORE VEGGIES THIS FALL

As fall approaches, it brings a fresh variety of seasonal vegetables. Try the recipes below to incorporate these in-season vegetables into your meals.



**Autumn Vegetable  
Mash**



**Cauliflower &  
Parsnip Soup**

[Click here for the full recipe](#)

[Click here for the full recipe](#)



## Warm Barley Lentil Salad with Roasted Vegetables

[Click here for the full recipe](#)



## Fall Vegetable and Chickpea Curry

[Click here for the full recipe](#)

Want to book an appointment with one of our  
Registered Dietitians or  
Social Workers?

[Click \*\*HERE\*\*](#)

### REFERENCES

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Image 1: October- <https://i.pinimg.com/originals/c9/11/d3/c911d3574a822cec68c486c392a2a5a9.jpg>

Image 2: Fibre- <https://www.monashfodmap.com/blog/getting-enough-fibre/>

Image 3: Spooky Snacks- <https://houseofnasheats.com/healthy-halloween-snacks/>



Inner Health Nutrition Consulting | 8333 Weston Rd, Woodbridge ON | Woodbridge , ON  
L4L 8Z2 CA

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