

NUTRITION FOR BIPOLAR DISORDER

Bipolar Disorder affects mood, energy levels, and overall well-being and nutrition can play a supportive role in managing symptoms

Key Nutrients

- **Omega-3 Fatty Acids** for brain health and mood stabilisation.

Sources: salmon, flaxseeds, walnuts, chia seeds.

- **Magnesium** calms the nervous system and helps regulate mood.

Sources: spinach, almonds, avocado, pumpkin seeds.

- **B Vitamins** are important for brain function and energy.

Sources: leafy greens, eggs, beans, whole grains.

- **Vitamin D** is linked to improved mood.

Sources: fortified foods, mushrooms, sunlight exposure.

- **Antioxidants** protect the brain from oxidative stress

Sources: berries, dark choc, nuts, kale, artichoke.

Foods to Avoid or Limit

- **Caffeine & alcohol**

Can worsen mood swings and trigger manic or depressive episodes.

- **Refined sugars & processed foods**

Cause energy spikes and crashes, worsening mood swings.

- **Artificial additives**

Some can negatively affect mood and impact brain function.

Healthy Eating Habits

- **Regular, balanced meals**

Include protein, healthy fats, and complex carbs in every meal.

- **Whole foods**

Prioritise whole grains, lean proteins, fruits, and vegetables over processed foods.

- **Meal consistency**

Aim for regular meal times to avoid fluctuations in energy and mood.

- **Hydration**

Aim to drink plenty of water throughout the day for mental and physical health.