

Nutrición

y Salud Mental

Piensa lo que comes, porque lo que comes influye en como piensas



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Consell de
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PLAN ACTIVE
COOPER HEALTHY &
CONNECTED



¿Qué es la salud?

Bienestar



Físico



Mental



Social

Dieta saludable

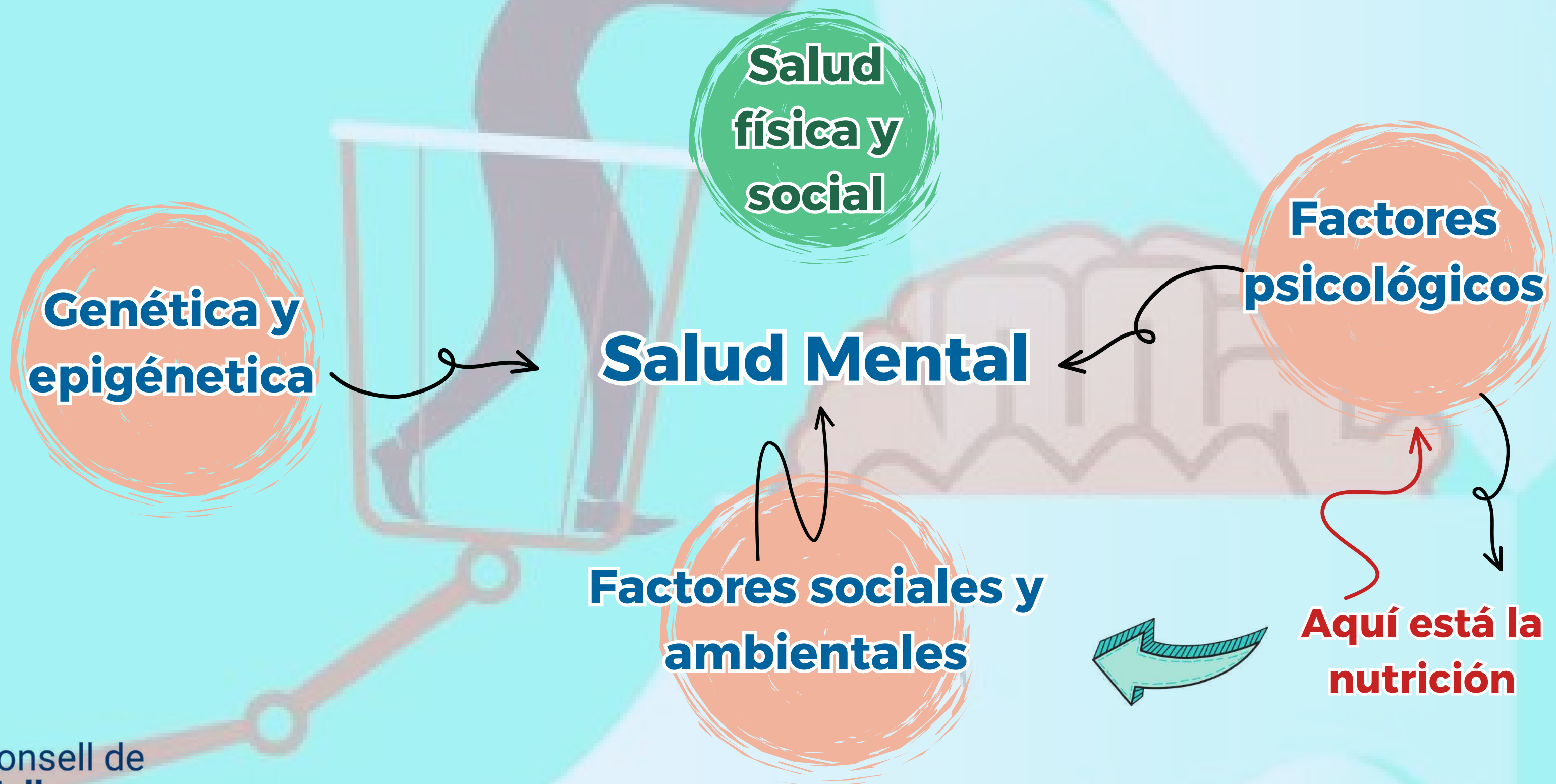
Física

Mental

Social

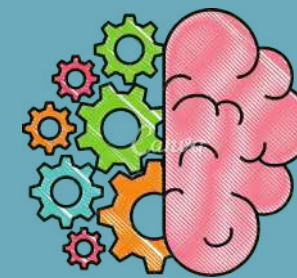


¿Qué condiciona mi salud mental?



Lo que comemos afecta a...

Estado
fisiológico del
cerebro



Eje
intestino-
cerebro



Nutrición
del cerebro



¿Qué es el eje intestino-cerebro?

Conexión bidireccional

Microbiota

Sistema vivo en
equilibrio y
simbiosis

Endocrino

Funciones de
regulación
mediante hormonas

Inmunitario

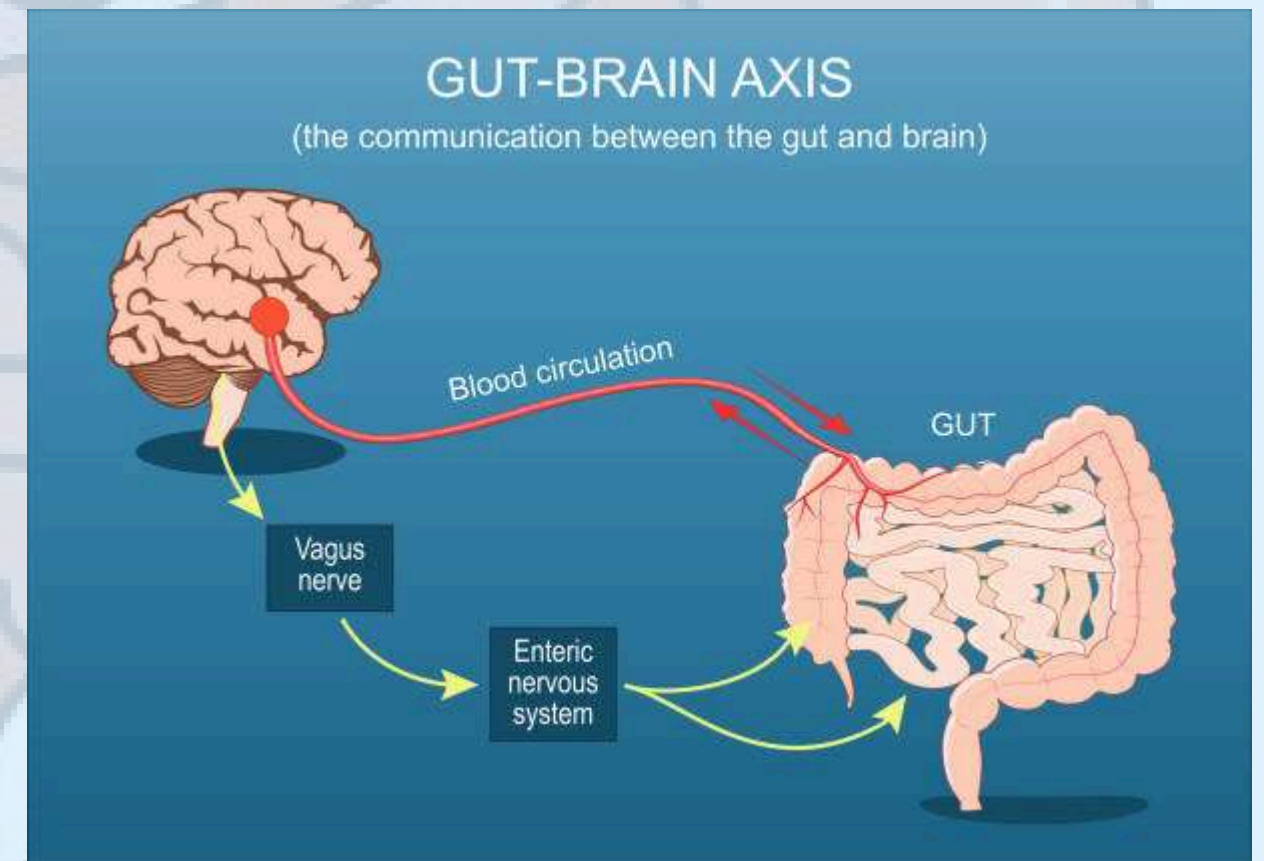
Función defensiva
Principalmente
alojado en el
intestino

S.N. Entérico

Nervio
vago

Neuro-
trans.

S.N. Central

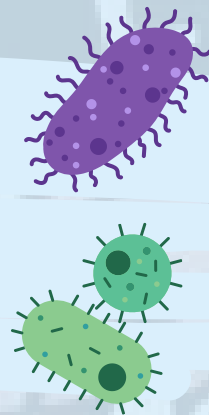


La microbiota, un ecosistema dentro de tí

Compuesta

+100 billones

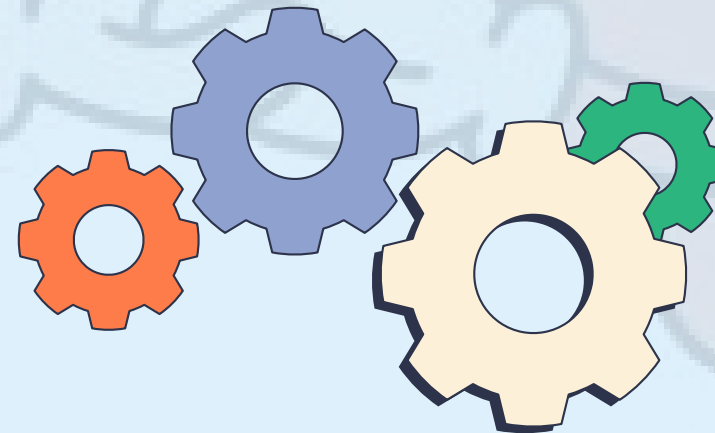
Bacterias
Hongos
Arqueas
Virus



equilibrio

Endocrino- metabólico

Hambre-saciedad
(obesidad)
Estrógenos
HHA (cortisol)



Inmune metabolitos

Regula inflamación
(butirato)
Barrera intestinal
Control de patógenos
Regulación inmune (AG y
bac. inmunomoduladoras)

Neuro- transmisores

GABA
Serotonina
Dopamina
Noradrenalina
Acetil-colina

Cuidar la microbiota ¿probióticos?

EQUILIBRIO



Prebióticos

Cuida lo que
comes



Probióticos

Proliferación
Competencia

Simbiosis
Mutualismos

Postbióticos

Metabolitos



Mi salud mental depende de mi salud digestiva

Principales afecciones

**Ansiedad y
depresión**

GABA
Dopamina
Noradrenalina

Citoquinas pro-inf.
Permeabilidad
Disbiosis

HHA (cortisol)

**Concentración,
memoria, TDAH,
sinápsis**

Acetil-colina (Alzh)
Dopamina (Park)
Ondas alfa (Conc.)

Disbiosis
Neuroinflamación

HHA (cortisol)
Grelina, GLP-1
AGCC (TDAH)

**Enfermedades
neurodegenerativas**

Acetil-colina
Dopamina
GABA

Neuroinflamación
Disbiosis
Permeabilidad

AGCC (reducen
ROS)

Nutrientes clave en la salud mental



Efecto positivo

AG omega 3

B6, folatos y B12

Magnesio

Vitamina D

Zinc y selenio



Efecto negativo

Azúcares libres

Grasas sat. y trans

Alcohol

Cafeína

Los macronutrientes en la salud mental



Proteína

Animal

Vegetal

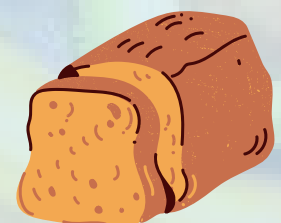


Grasas

AGS

AGMI

AGPI

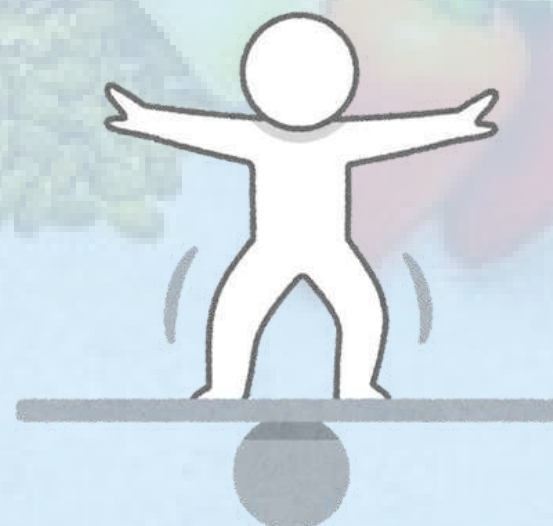


Carbohidratos

Simples

Complejos

Fibra

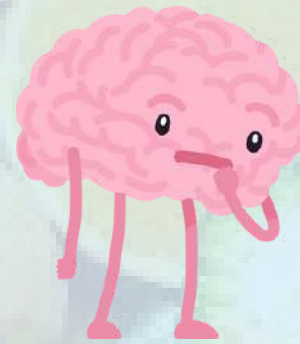


Al grano...

¿Qué
alimentación
se muestra
más
beneficiosa?

**Dieta
Mediterranea**

Dieta DASH



¿la seguimos?

Alimentos

**Riesgo de
depresión**



Vegetales

-46%



Fruta

-18%



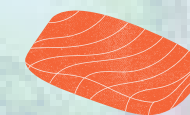
Frutos secos

-23%



Granos int.

-0%



**Pescados y
mariscos**

-0%

General

-25%

¿Cuántas veces hay que comer?



¿Qué alimentos hay que incluir en cada comida?

¿Desayunar mejora el rendimiento cognitivo?

¿Desayunar reduce el riesgo de depresión?

Desayuna como un rey...

¿Reparto de macronutrientes por ingestas?



Dieta Mediterranea

Grupos de Alimentos y Frecuencias de Consumo

Lácteos:

Leche, yogur, kéfir, quesos frescos y curados



0-3 al día
200-250 g



Ni malos ni
esenciales



Enteros o
desnatados

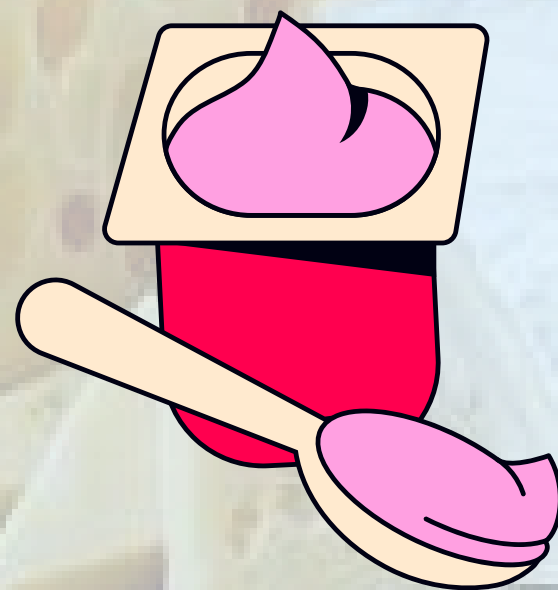


Lácteos
grasos

Lácteos Proteicos: ni más ni menos sanos



**Queso fresco
batido**



**Yogures y
leche proteicos**



**Quesos: frescos
y curados**



**Proteínas
aisladas**

Alimentos probióticos



Lácteos

Yogur, cuajada,
queso, kéfir...



Vegetales

Chucrut, kimchi,
pepinillo, miso,
natto, tempeh...



Bebidas

Té kombucha,
tepache



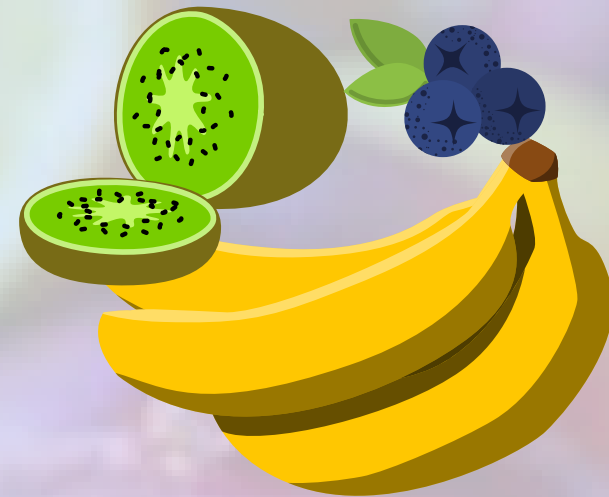
Cepas vivas

¿Pasteurización?

Frutas y Verduras



¡ ≥ 5 al día!



**≥ 3 frutas
enteras**



**1 verduras
crudas**



**variedad
colores**

Almidonados / Carbohidratos complejos:

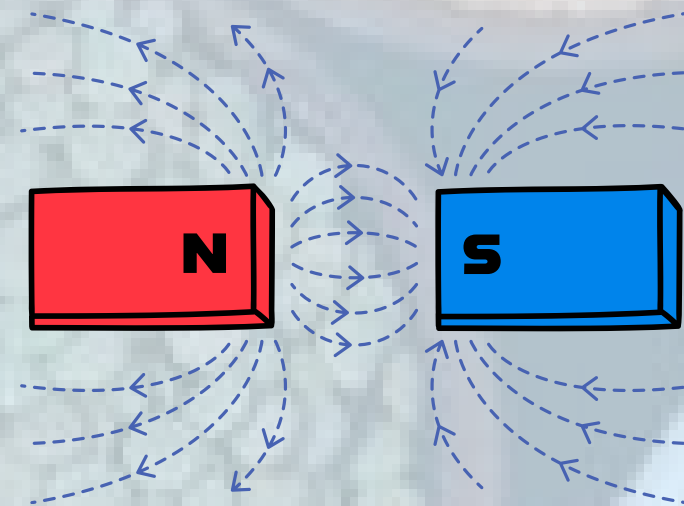
Cereales, legumbres y tubérculos



Principales,
varios al día



Priorizar
integrales



Refinados vs
integrales



Recomendado a
todas horas

Proteína vegetal y valor biológico



Legumbres
y derivados

Cereales,
F. secos y
semillas

Proteína
completa

Soja
Quinoa
Amaranto
Chía

Alimentos Proteicos:

Carnes, pescados, huevos, lácteos y legumbres



Potenciar
proteína vegetal



2-4 veces a
la semana
aprox. 150 g



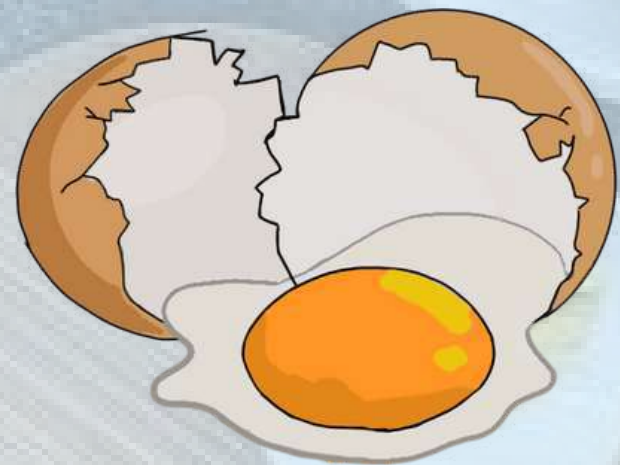
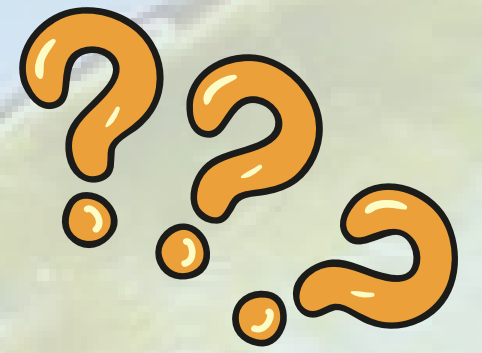
Carnes grasas
y procesadas



Carnes blancas
magras

Alimentos Proteicos:

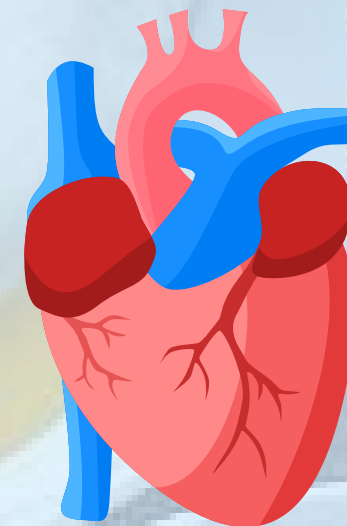
¿Qué pasa de nuevo con los huevos?



Proteína de
mayor calidad



Nutrientes
clave



Grasas mixtas
¿ECV?

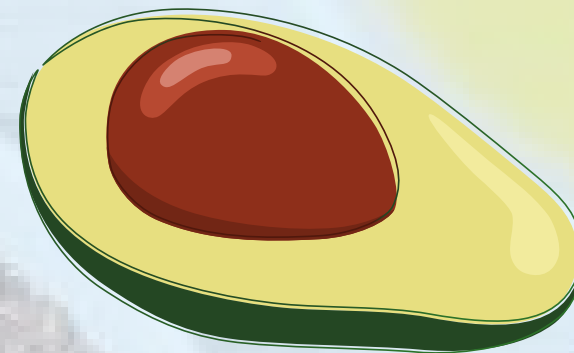


20-60% del
Col. se absorbe

Aceites y grasas



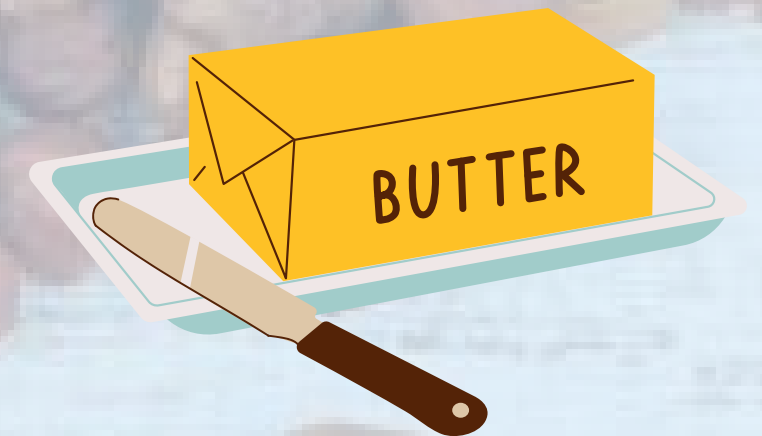
AOVE grasa principal



Priorizar



mín. 1 puñado al día



Limitar: mantequilla, margarina, etc.

Ultraprocesados, precocinados...



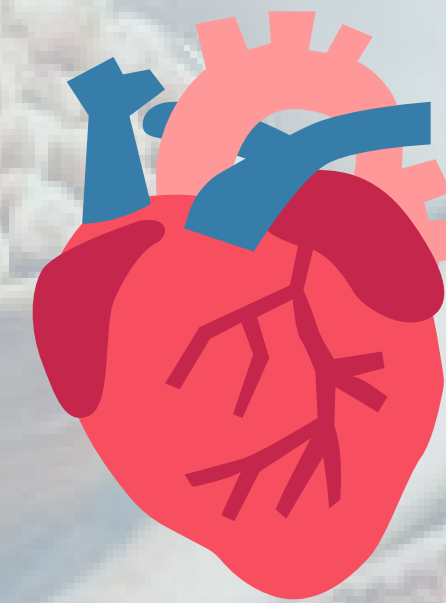
**Ansiedad /
depresión**



**Rendimiento
intelectual**



**Sobrepeso /
obesidad**



**ECV, cancer y
mortalidad**

Hidratación y bebidas diarias



Agua del
grifo



Cuando
tengas sed



Café e
infusiones
(cuidado
azúcar)



Evitar / reducir:
zumos,
refrescos,
alcohol

En resumen...

Alimentación basada
en vegetales no
procesados

Eje hambre-
saciedad

Disfrutar del
placer de comer

Equilibrio
dietético

Bebe agua
según la sed

Individual
ización



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