

# Nutrition and Mental Health

## Protein for Breakfast

Protein for breakfast provides consistent energy throughout the day and prevents fatigue in the late afternoon. In order to consume a healthy amount of protein each day, you need to include it in every meal, particularly breakfast. Some of the most common breakfast foods, such as boxed cereal and white-bread toast, do not provide adequate amounts of protein.

**Easy, protein-filled breakfast ideas.** Many of these, such as hard-boiled eggs and quinoa cereal, can be started or made in advance.

- Quinoa cereal
- Protein shake
- Breakfast burrito with egg and beans
- Hard-boiled egg
- Plain yogurt with dark berries
- Scrambled egg on rye toast
- Vegetable omelet
- Toast with nut (almond or cashew) butter
- Cottage cheese with fresh fruit

Healthy Protein Sources					
Legumes			Nuts		
Tofu	1/2 c	10 g	Nuts	1/4 c	8 g
Firm tofu	1/2 c	20 g	Seeds	2 T	3 g
Tempeh	1/2 c	16 g	Nut butter	2 T	8 g
Whole beans	1/2 c	7g	Seed butter	2 T	5 g
Lentils	1/2 c	9 g	Cheese		
Refried beans	1/2 c	8 g	Cottage cheese (LF)	1/2 c	12 g
Gardenburger	1 patty	11 g	Cream cheese (LF)	2 T	2 g
Seed Grains			Hard cheese	1 oz	7 g
Barley	1/2 c	10 g	Eggs		
Millet	1/2 c	4 g	Egg, whole	1	7 g
Dark rye flour	1/2 c	9 g	Egg substitute	1/4 c	7 g
Oats	1/2 c	3 g	Egg white	1	4 g
Quinoa	1/2 c	11 g	Note: Egg yolks contain nutrients that are excellent for mental health.		
Brown rice	1/2 c	3 g			
White rice	1/2 c	3 g	Other		
Dairy Substitutes			Protein powder	1 T	9-15 g
Soy milk	1 c	6 g	Yogurt (LF)	1 c	8-14 g
Soy cheese	1 oz	4-7 g	Wild fish	3 oz	21 g
Soy yogurt	1 c	6 g	Free range poultry	3 oz	21 g

### Cooked Quinoa

Mix 2 T nuts, 1 tsp honey, 1 tsp flax oil, and a handful of dark berries such as blackberries, cherries, or raspberries into 1 c cooked quinoa.

### Cooking quinoa:

Bring 1 c quinoa and 2 c water to a boil. Cover and simmer for 12 to 15 minutes.

### Protein Shake

Blend together 2 c plain soy milk, 2 scoops protein powder, 1 c dark berries (blueberries, raspberries, blackberries, etc.) and/or one banana, 2 T fresh cod-liver oil (by Carlson's or Nordic Naturals). For vegetarians, Udo's choice is a good essential oils blend to use instead of cod-liver oil.

### Breakfast Burrito

Wrap 1/4 c cooked beans, 1 scrambled egg, and a few teaspoons of salsa in a warmed tortilla.

### Hard-Boiled Eggs

Fill pot with water until eggs are completely covered. Bring water to a boil. Allow to boil for 12 minutes. Remove eggs and plunge them into cold water. Eggs can be hard-boiled and kept in refrigerator for a few days.



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## Why Protein for Breakfast?

Less hunger, less fatigue, more energy, and mental clarity

### Test your meals:

1. Create a daily log to record when you eat, what you eat, when you are hungry, what your emotions are.
2. Eat your typical breakfast for 2-3 days and record it in the log.
3. Next, eat a breakfast with protein for 2-3 days and record it in the log.
4. A good breakfast should allow you to not be hungry for at least 3 hours.
5. Notice how different meals effect how long you can go without being hungry, and how food effects your mood, energy level, and mental clarity.

### Problems with High-Carbohydrate Meals:

1. They make you hungrier sooner than when you eat both protein and carbohydrates.
2. They make your blood sugar drop rapidly, which causes you to feel anxious and/or irritable.
3. When your blood sugar becomes low, you feel like you must eat sugar. Eating sugar creates the rollercoaster of high blood sugar and then low blood sugar.
4. Riding the high-carbohydrate meal rollercoaster throughout the day leads to fatigue in the late afternoon.
5. They are often low in fiber, vitamins, and minerals, creating nutrient deficiencies, which can cause anxiety, depression, cardiovascular disease, diabetes, and other diseases.
6. They also cause blood sugar to be high, which can cause weight gain and diabetes.

