



# **ALIMENTAZIONE E PSICOLOGIA**

**COME IL CIBO INFLUISCE  
SULLA MENTE**

**STEFANO ERZEGOVESI**

## UNA STRADA A 2 DIREZIONI

Emozioni >> Cibo

Cibo >> Emozioni



## CERVELLO: UN ORGANO ENERGIVORO

- PESA POCHISSIMO (2% DEL PESO CORPOREO TOTALE)

- RICEVE IL 15% DELLA GETTATA CARDIACA TOTALE

- CONSUMA IL 20% DELL'OSSIGENO TOTALE

- CONSUMA IL 20% DEL GLUCOSIO TOTALE

“15% of Cardiac Output” = Circolazione Efficiente

“20% of Total Body O<sub>2</sub>” = Abbondanti Antiossidanti

“20% of Energy (Glucose)” = Glucosio Senza Picchi  
(attenzione al CARICO GLICEMICO)

**I BISOGNI DEL CERVELLO (1)**

## I BISOGNI DEL CERVELLO (2)

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“Sleep = The Brain Housekeeper”  
= Pulizia e Manutenzione delle  
Cellule durante il Sonno

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“Gut-Brain Axis” = Facciamo  
Amicizia con i nostri Batteri  
Intestinali (Microbiota -  
Microbioma) >> alimenti  
PREBIOTICI per sostenere  
qualunque tipo di terapia  
PROBIOTICA

## I BISOGNI DEL CERVELLO (3)

“Hara Hachi Bu” = “Mangia fino a sentirti Sazio all’80%” >> QUALI RESIDUI DIGESTIVI NEL COLON?

“Intermittent Fasting” = Facciamo Pulizie Periodiche al Cervello

## CIBO, ANSIA E DEPRESSIONE: PRIMI DATI (2014)

### Coaching in Healthy Dietary Practices in At-Risk Older Adults: A Case of Indicated Depression Prevention

**Sarah T. Stahl, Ph.D.**

**Steven M. Albert, Ph.D.**

**Mary Amanda Dew, Ph.D.**

**Michael H. Lockovich, L.C.S.W.**

**Charles F. Reynolds, III, M.D.**

Prevention of major depressive disorder is important because current treatments are only partially adequate in reducing symptom burden and promoting health-related quality of life. Lifestyle interventions may be a desirable prevention strategy for reasons of patient preference, particularly among older patients from minority groups. Using evidence from a randomized depression prevention trial for older adults, the authors found that coaching in healthy dietary practices was potentially effective in protecting at-risk older adults from developing incident episodes of major depression. The authors describe the dietary coaching program (highlighted in a case example) as well as the feasibility and

potential efficacy of the program within the context of evidence-based interventions for preventing episodes of major depression and mitigating symptoms of depression. Older adults receiving dietary coaching experienced a low incidence of major depressive episodes and exhibited a 40%–50% decrease in depressive symptoms, as well as enhanced well-being, during the initial 6-week intervention; these gains were sustained over 2 years. The authors also describe why lifestyle interventions like coaching in healthy dietary practices may hold promise as effective, practical, nonstigmatizing interventions for preventing episodes of major depressive disorder in older adults with sub-syndromal depressive symptoms.

*(Am J Psychiatry 2014; 171:499–505)*



CIBO, ANSIA E  
DEPRESSIONE:  
MOD MED DIET  
(2018)

# A modified Mediterranean dietary intervention for adults with major depression: Dietary protocol and feasibility data from the SMILES trial

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**Background:** The SMILES trial was the first randomized controlled trial (RCT) explicitly designed to evaluate a dietary intervention, conducted by qualified dietitians, for reducing depressive symptomatology in adults with clinical depression.

**Objectives:** Here we detail the development of the prescribed diet (modified Mediterranean diet (Mod/MedDiet)) for individuals with major depressive disorders (MDDs) that was designed specifically for the SMILES trial. We also present data demonstrating the extent to which this intervention achieved improvements in diet quality.

**Methods:** The Mod/MedDiet was designed using a combination of existing dietary guidelines and scientific evidence from the emerging field of nutritional psychiatric epidemiology. Sixty-seven community dwelling individuals (Melbourne, Australia) aged 18 years or over, with current poor quality diets, and MDDs were enrolled into the SMILES trial. A retention rate of 93.9 and 73.5% was observed for the dietary intervention and social support control group, respectively. The dietary intervention (Mod/MedDiet) consisted of seven individual nutrition counselling sessions delivered by a qualified dietitian. The control condition comprised a social support protocol matched to the same visit schedule and length.

**Results:** This manuscript details the first prescriptive individualized dietary intervention delivered by dietitians for adults with major depression. Significant improvements in dietary quality were observed among individuals randomized to the Mod/MedDiet group. These dietary improvements were also found to be associated with changes in depressive symptoms.

**Discussion/Conclusion:** The Mod/MedDiet, a novel and individually tailored intervention designed specifically for adults with major depression, can be effectively implemented in clinical practice to manage this highly prevalent and debilitating condition.

**Trial registration:** Australia and New Zealand Clinical Trials Register (ANZCTR): ACTRN12612000251820. Registered 29 February 2012



## NUTRIRE IL CERVELLO: COSA METTIAMO NEL PIATTO?



Cibo Prevalentemente (75-95%) Vegetale



Abbondanti Verdure (+) e Frutta (-) di Stagione (Antiossidanti)



Cereali Integrali e Legumi TUTTI I GIORNI  
(Basso Carico Glicemico; Fibre Prebiotiche)

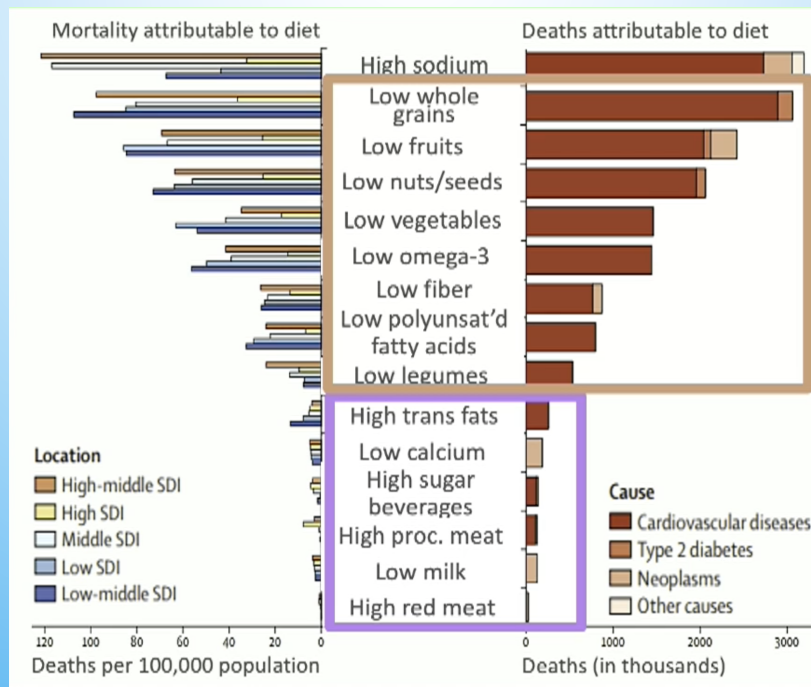


Pesce ricco di Omega 3 (più EPA)



MAI TROPPO CIBO

# RIDURRE IL MALE O AUMENTARE IL BENE? (1990-2017)



# LA PIAGA DEL CIBO ULTRA-PROCESSATO

**Research Letter** | Psychiatry

## Consumption of Ultraprocessed Food and Risk of Depression

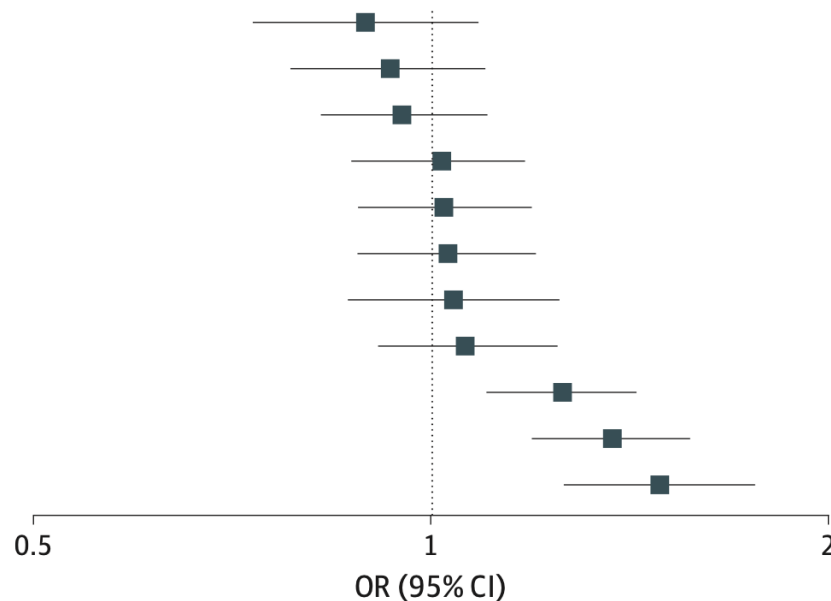
samuthpongton\_2023\_id\_230182\_1697225882.39196.pdf

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**Figure. Ultraprocessed Foods (UPF) Components and Risk of Incident Depression**

UPF components	OR (95% CI)
Sugar-sweetened beverages	0.89 (0.73-1.08)
Dairy-based desserts	0.93 (0.78-1.10)
Condiments	0.95 (0.82-1.10)
Meat products	1.02 (0.87-1.18)
Breakfast items	1.02 (0.88-1.19)
Savory snacks	1.03 (0.88-1.20)
Frozen foods	1.04 (0.86-1.25)
Sweet snacks	1.06 (0.91-1.25)
Other artificial sweeteners	1.26 (1.10-1.43)
Artificially sweetened beverages	1.37 (1.19-1.57)
UPF	1.49 (1.26-1.76)



# LA STRUTTURA FISICA DEL CIBO



## Nutrition Facts

10 servings per container  
Serving size 2 Slices (57g/2.0oz)

Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 5g Added Sugars	11%
<b>Protein</b> 5g	
Vitamin D 3.7mcg	20%
Calcium 480mg	35%
Iron 1.9mg	10%
Potassium 70mg	0%
Thiamin 0.46mg	40%
Riboflavin 0.19mg	15%
Niacin 2.6mg	15%
Folate 100mcg DFE (60mcg folic acid)	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# TRUCCHETTO MNEMONICO PER RICORDARSI COME MANGIARE BENE

G-BOMBS by Dr. Joel Fuhrman

**G**reens,

**B**eans,

**O**nions,

**M**ushrooms,

**B**erries,

**S**eeds.



# The Nutrition Rainbow



*Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.*

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; reduces prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangoes, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may decrease excess estrogen activity
Brown	Whole grains, legumes	Fiber: carcinogen removal



