



Nutrition In Schizophrenia

Schizophrenia

Psychiatric drugs can cause weight gain. Among the newer antipsychotic drugs, olanzapine and adenopine cause severe weight gain, while aripiprazole appears to cause fewer problems.

Also, the risk of diabetes in people with serious mental conditions is 5 times, and heart and respiratory diseases are twice as common. This is due to poor diet, lack of exercise and smoking.

- ▶ Try to include plenty of fruits and vegetables in your diet. At least five servings of fruits and vegetables a day are recommended. Juice as well as dried fruit can be useful.
- ▶ Base each meal on starchy foods such as potatoes, pasta or rice, and try options that have more fiber, such as brown rice or potatoes with their skins. Eat more fiber; a minimum of 18 to 30 grams of fiber per day is recommended. Having more fiber in your diet will help you feel full longer and thus will help in reduction of the problem of weight gain. Brown bread, brown rice and pasta and some whole grains contain more fiber.
- ▶ Eat more fish and try to eat at least three units of oily fish each week. Oily fish can include salmon, mackerel, trout, herring and sardines.



- ▶ Reduce your intake of saturated fats, sugar and salt. The best way to do this is to cook more and reduce the number of meals and cakes bought in stores.
- ▶ Drink enough fluids to keep your body well hydrated. You should drink about 2 liters of fluids a day, but in hot weather or if you do a lot of exercise you will need more fluids.
- ▶ Water, milk and fruit juices are the healthiest drinks. Tea, coffee and energy drinks, such as Red Bull, contain caffeine, which is a stimulant and should be consumed in moderation.
- ▶ Alcohol should generally be avoided.
- ▶ Try to have three main meals every day. Breakfast is a very important meal - it can either make or break your day. Because, having a satisfying breakfast of high-fiber cereals can make you feel full at lunch and keep you from eating snacks in the morning.

SCHIZOPHRENIA



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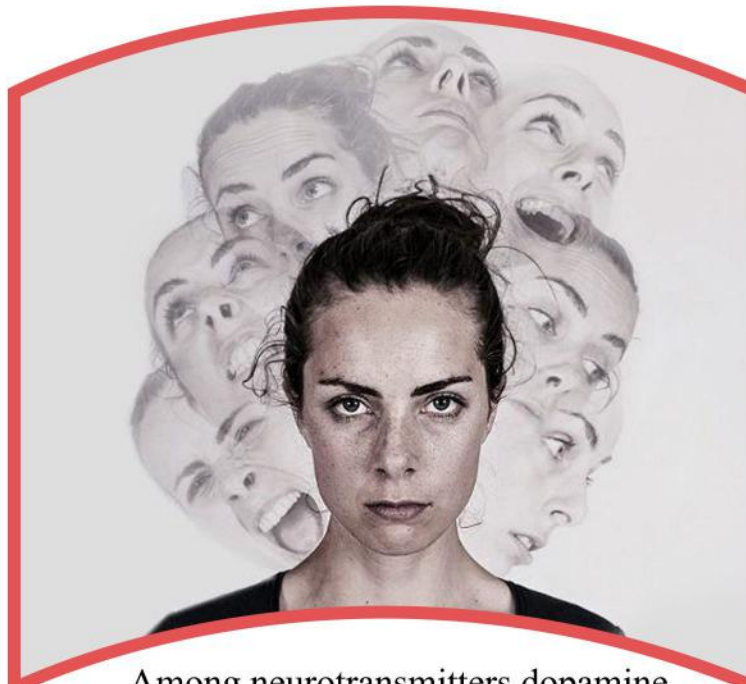


► Schizophrenia ◀

Schizophrenia is characterized by delusions or hallucinations, as well as disorders in speech, behavior, executive functions (e.g. planning, mental organization and concentration), emotional expression and productivity of thought.

Although schizophrenia is discussed here as a single topic, it is likely to consist of a group of disorders that are fundamentally different, despite having similar symptoms.

Dysfunction of several neurotransmitters (dopamine, glutamate, GABA and acetylcholine) has been suggested as a major cause of schizophrenia.



Among neurotransmitters dopamine has received the most attention, and all drugs approved for the treatment of schizophrenia have dopamine blocking properties.

► Nutrition in schizophrenia ◀

Nutrition is an important part of our lives. We now know that for everyone, managing what we eat can be an important part of maintaining good health, but for people with schizophrenia, it is more important than ever; because people with schizophrenia suffer from physical illnesses more than the others. In addition, there are considerable evidences which demonstrate that healthy eating is not only beneficial to our physical health, but also it can help in improvement of our mental health.