



whole-person wellness through nutrition education

Mental Health Awareness

Yogurt Marinated Chicken

Wild Rice Pilaf

Oven Roasted Zucchini

Fresh Berries with Whipped Cream



LINTONS 
Food Service Management



whole-person wellness through nutrition education

from LINTONS FOOD SERVICE MANAGEMENT

How Nutrition Helps Improve Mental Health

The quality of the food you eat can impact your overall physical and mental health. Eating nutritious foods can go a long way toward achieving a healthy lifestyle, so make every bite count.

Two Major Issues – *Poor Diet*: Unhealthy diets lead to major health problems like diabetes, heart disease, obesity, and cancer. Because of this, poor diet is the main cause of early death in developed countries. Nearly 20% of all deaths worldwide can be linked to unhealthy eating habits.

Mental Illness: At the same time, mental illnesses are the biggest cause of disability and illness in the world. Depression alone is one of the top five leading causes of disability across the planet.

Better Diet, Better Mental Health – A healthy diet includes a full range of vegetables, fruits, legumes (lentils, chickpeas, beans), fish, whole grains (rice, quinoa, oats, breads, etc.), nuts, avocados and olive oil to support a healthy brain. Sweet and fatty foods should be special treats, not the staples of your diet.

People who eat a diet high in whole foods such as fruits, vegetables, nuts, whole grains, legumes, fish and unsaturated fats (like olive oil) are up to 35% less likely to develop depression than people who eat less of these foods.

Highly processed, fried and sugary foods have little nutritional value and should be avoided. Research shows that a diet that regularly includes these kinds of foods can increase the risk of developing depression by as much as 60%.

Children And Adolescents – Good nutrition starts in the womb. The children of women who eat diets high in processed, fried and sugary foods during pregnancy have more emotional problems in childhood. Similarly, diets low in whole, nutrient-dense foods and diets higher in junk and processed foods during the first years of life are linked to more emotional problems in children.

Studies have found that young people with the healthiest diets are about half as likely to have depression compared to those with the diet highest in junk and processed foods who are 80% more likely to have depression.



More Ways Nutrition Helps Improve Mental Health

Food Can Change Your Brain – Diet is linked to the hippocampus, a key area of the brain involved in learning, memory, and mental health. People with healthy diets have more hippocampal volume than those with unhealthy diets.

Eating more fruits and vegetables, whole grains, legumes, fish, olive oil, and other healthy foods while eating less unhealthy junk and processed foods can be an effective treatment strategy for depression.

One study found that one third of participants with depression experienced full relief of their symptoms after improving their diet. The more people improved their diets, the more their depression improved.

A Healthy Diet Doesn't Have To Be Expensive - A healthy diet can actually be cheaper than junk and processed food. Save money by choosing canned or frozen vegetables and fish, and dried fruits and beans. These are nutritionally similar to fresh foods, stay good longer, and are usually less expensive!

Nutrients To Keep In Mind - *Omega 3 fatty acids are essential to brain health and reduce inflammation and risk of heart disease.*

Oily fish like salmon, trout, mackerel, anchovies and sardines are the most highly recommended sources of Omega 3 fatty acids, and the American Heart Association suggests eating these types of fish at least twice a week. Omega 3s can also be found in albacore tuna, walnuts, flax seeds, chia seeds, and dark green leafy vegetables like brussels sprouts, kale and spinach. People who eat diets rich with Omega 3 fatty acids have up to 30% reduced risk of depression. Fish oil supplements that are high in the EPA type of Omega 3 fatty acids can help mental health. Studies show they can benefit some people with depression as much as anti-depressants.

B-group vitamins help to regulate neurotransmitters, immune function, and amino acids – the building blocks of proteins in the body.

Folate and folic acid are part of the B family of vitamins and can be found in green leafy vegetables, legumes, and whole grains. People who eat foods rich in folate have a lower risk of depression. Fish (salmon, trout, tuna), beef, lamb, clams, poultry (chicken and turkey), eggs, and milk are natural sources of vitamin B12. Breakfast cereals with vitamin B12 added are a good option for vegetarians. People with a lack of vitamin B12 may be at increased risk for depression, especially if they are older.

Vitamin D is important for optimal brain functioning, including mood and critical thinking. Fatty fish like salmon and tuna have the most naturally occurring vitamin D.

Some vitamin D can also be found in eggs, other dairy foods, and fortified beverages and breakfast cereals. Cod liver oil supplements are high in vitamins A and D and have some omega 3 fatty acids as well Sunlight is a major source of vitamin D. Five to thirty minutes of sun exposure twice a week generally produces enough vitamin D in the body. Lighter-skinned people require less time in the sun than those with darker skin. Low levels of vitamin D are linked to depression, particularly seasonal depression which happens with reduced sunlight during winter.





Yogurt Marinated Chicken

NUMBER OF SERVINGS:

4

COOK TIME

45-60 minutes

COOK TEMP

375 F

METHOD

Bake

SERVING SIZE

4 oz

Ingredients:

- 4 oz Chicken Thighs 4 ct
- 1/3 Cup Plain Low Fat Yogurt
- 1/4 tsp Paprika
- 1/2 tsp Garlic Powder
- 1/4 tsp Ground Black Pepper
- 1/2 tsp Italian Seasoning

Directions:

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2. Place thawed Chicken on parchment lined baking sheets in a single layer.
3. Mix together Yogurt with spices in a large bowl/container - reserve 1/4 of the marinade for step 5 (to drizzle over top of cooked chicken).
4. Add thawed chicken thighs and mix until coated. Marinate under refrigeration for up to 24hrs.
5. Bake 45-60 min in 375 F oven until lightly brown and reaching *internal temp 165F for 15 sec. Plate and drizzle with reserved marinade.

Notes:

- CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times.
- CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
- CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



Wild Rice Pilaf Blend

NUMBER OF SERVINGS:

4

COOK TIME

25-30

COOK TEMP

Medium Low Heat

METHOD

Simmer

SERVING SIZE

1/2 cup

Ingredients:

- 2 tsp Margarine
- 3/4 Cup Wild & Long Grain Blend Rice
- 1 Tbsp Yellow Onions Diced
- 1 Tbsp Fresh Carrots Diced
- 1 Cup Water
- 1 Tbsp Fresh Red Peppers
- 1 Tbsp Fresh Parsley Chopped

Directions:

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2. In a large sauce pan, heat margarine until melted. Stir in rice blend and heat until beginning to toast.
3. Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
4. Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.
5. Stir in peppers and parsley.

Notes:

- CCP - Maintain >135F/57C for only 4 hrs.
- CCP - Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
- CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.



Oven Roasted Zucchini

NUMBER OF SERVINGS:

4

COOK TIME
10-15 Minutes

COOK TEMP
375 F

METHOD
Bake

SERVING SIZE
1/2 cup

Ingredients:

- 1/4 tsp Kosher Salt
- 2 tsp Canola/Olive Oil Blend
- 1 Cup Zucchini Sliced into half moons
- 1/4 tsp Garlic Powder
- 1/4 tsp Paprika

Directions:

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2. Slice zucchini into 1/2 moons, toss with oil and seasonings. Place on parchment lined sheet trays in a single layer and oven roast at 375 for about 10-15 min.
3. Portion 1/2 cup per serving.

Notes:

- CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.
- CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
- CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



Mixed Berries

[Dessert](#) | [Theme Meals](#)

NUMBER OF SERVINGS:

4

COOK TIME

COOK TEMP

METHOD

SERVING SIZE

Thaw

1/2 Cup

Ingredients:

- 3/4 Cup Unsweetened Frozen Blueberries
- 3/4 Cup Fresh Strawberries
- 2 tsp Lemon Juice
- 1/2 Cup Whip Topping

Directions:

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2. Slice strawberries and toss with blueberries and lemon juice. Top with 2 tbsp whip topping in cup or bowl.
3. CCP -- Maintain 40F/4C.