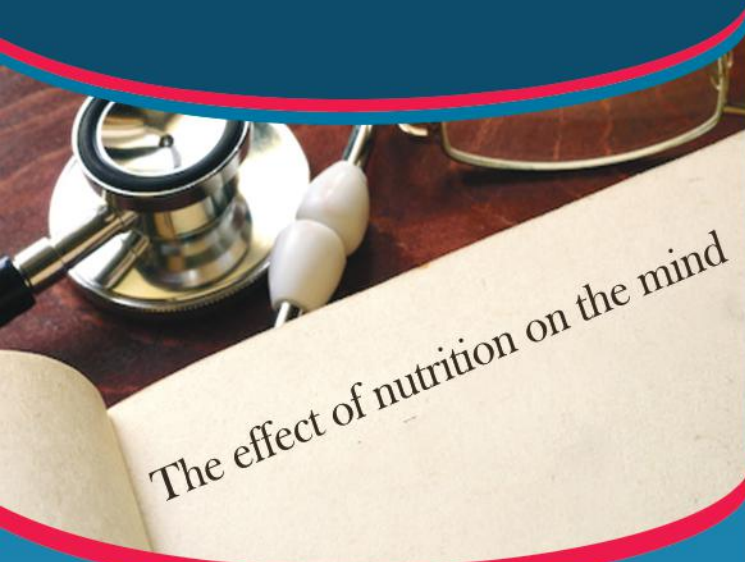




The effect of nutrition on the mind



► Seeds and kernels ◀

Seeds and nuts are very high in calories. They can use to complement other foods. There is some limitation to take them. Also, not all nuts are equally good. There are differences in quality. Almonds are best, pistachios, then cashews, Brazil nuts, hazelnuts, and peanuts.

► Oil ◀

Olive oil has the highest quality. Palm oil is as harmful as all other animal fats. However, this oil is added to almost all processed products because it is the cheapest. Especially in sweets and snacks that make them fat, calories, and harmful. Palm oil raises "bad" LDL cholesterol and causes cardiovascular disease. Worst of all, it is carcinogenic.



► Salt and sugar ◀

Sugar impairs calcium absorption, reduces the ability of white blood cells to destroy germs, interferes with thinking and darkening of the brain, causes tooth decay and stomach ulcers. Sugar is harmful to the brain increases stress hormones levels, reduces the sedative hormones, and minerals level in the body.

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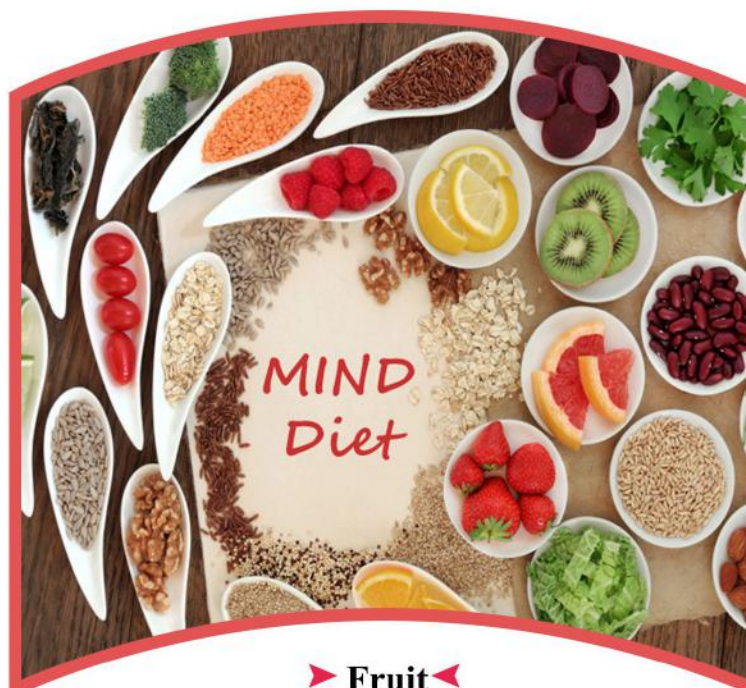


For bread, it is better to use mixed flour. Whole meal flour is always a much better choice for digestion than white flour in all grains. There is no doubt that the healthiest bread is homemade bread without baking soda (which contains harmful aluminum), industrial yeast, and baking powder.

Most people do not know the effect of nutrition on every aspect of life. Body and mind are closely related. The spiritual, physical, and mental health of human beings depends on the type of diet we choose for ourselves. In the following, we will examine the types of food groups and their effect on mental health.

► Cereals ◀

Cereals are a rich edible part of a well-chosen diet. Oats, millet, rice, buckwheat, barley, and rye are examples of cereals. Cereals and legumes which are more distinguished from others in terms of quality and nutritional value are oats. Oatmeal is very suitable for salty and sweet compounds. Also, whole grains are much healthier than peeled ones. This portion of cereals often contains most of the nutrients. So, rice and unpeeled flour are always better than plain white rice.



► Fruit ◀

Fresh fruits are rich in vitamins, and dried fruits are rich in minerals.

. Dried fruit is one of the healthiest foods in the world that strengthens the body. It is excellent for people who work hard physically, mentally, and sit a lot.

► the vegetables ◀

Legumes contain strong proteins. Chickpeas or soy have a higher percentage of protein than meat. Then lentils, peas, and beans are good choices. This group is essential for people who eat vegetarian food.

Some compounds of vegetables can cause indigestion if they would not cook enough. Unlike fruit, this group is very friendly to heat treatment that does not harm it.