



30-Plant Food Challenge

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Outline

- Case 1
 - Nutrition Psychiatry.
 - Libre Sensor.
- Case 2
 - Managing multiple food allergies growing up.
 - Cooking is a life skill.
- 30-Plant Food Challenge.

Case 1



Case 1

Reasons Improve his mental health.

His psychiatrist suggested making some lifestyle changes.

Keen to try Intermittent Fasting and Modified Keto diet.

Why? HbA1c worsened despite being careful with what he ate during one of his overseas trips. A sense of helplessness.

How to incorporate keto diet with the current medical conditions.

Nutrition Related Medical Conditions

Type 2 Diabetes – diagnosed at age 38

- Protophane 24 mane, 20 nocte, Jardiance od, Jardimet bd
- Recent HbA1c 62 mmol/L, was 66 mmol/L after recent oversea trip. Usual HbA1c around 58 mmol/L

Hypercholesterolemia

- Atorvastatin 40 mg bd

Anxiety and Depression

- Paroxetine, Sildenafil, Lithium carbonate



Nutritional Psychiatry

emerged in the early 2000s as a nutrition field

Pioneers of the field: Jerome Sarris and Ephimia Morphew-Lu.

Clinical trials

- Whole Food diet: SMILEs Trial *Supporting the Modification of lifestyle in Lowered Emotional States.*
- Gut-Brain Axis: PREDICT *Personalised Responses to Dietary Composition Trial.*

Other approaches

- Nutritional Supplements.
- Intermittent Fasting – Inflammation model (autophagy), supports metabolic and cognitive health.
- Keto Diet – originally for Epilepsy, now explore for other mental health.



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Case 1

Health Goal:

Improve his mental health while managing his blood glucose and cholesterol.

Nutrition Intervention Goal:

Establish a long-term eating pattern to enable him to achieve his health goal.

Eating Pattern

*Regular small meals to avoid low's and 'curbs' hunger.
Eating window 12-14 hours.*

		Estimated carbs
Breakfast 6-7 am	Diabetes medication: 24 u Protophane + Jardiance + Jardimet 3 wholegrain weetbits + unsalted mixed nuts + milk (Lewis Road Creamery) + Plunger black coffee	50g
10 am	2 x Freyer's low carbs toast + 1 tbsp peanut butter + 1 tsp jam	25-30g
Lunch 1pm	1 x Freyer's low carbs Sandwich + protein (Ham + cheese) +/- vegetables + mayonnaise Berrocca Effervescent tablets + water	25-35 g
Snack	1-3 snacks between lunch and dinner Tasti nut bar or fruit (Mandarin/apple)	10-15g
Dinner 6-8 pm	Diabetes medication: 20 u Protophane + Jardimet Carbs: 2 fist-size whiter/brown rice or 1 potato + less rice Protein: 1 palm-to-hand size meat or dahl Vegetables: 2 fist-size Carb:Protein: vegetable ratio: 1:1:1	100-120g
Before bed Some days	70% or more cocoa chocolate or Taco chips + Coke zero	5-10g 52 g