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Nutrition, Diet and Mental Health / Drug Use: Selected Resources

Prepared by: Reference Services, CAMH Library, Toronto, ON, Canada

This bibliography is limited in scope primarily to selected books and reports from the CAMH Library collections, supplemented with web resources and journal articles. Its purpose is to serve as an introduction and overview of the topic, not an in depth literature review.

Available online at: http://www.camh.net/camh_library Resource Lists

General Resources (Includes guides on healthy eating and low risk drinking)

Canada's Food Guide (Health Canada)

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Katz, David L. and Rachel S.C. Friedman. Nutrition in Clinical Practice: A Comprehensive, Evidence-Based Manual for the Practitioner. 2nd Edition. Philadelphia, PA: Lippincott Williams and Wilkins, 2008.

Online Resource. On site consultation only.

Krause's Food, Nutrition and Diet Therapy. Eds. Mahan, L. Kathleen Mahan and Sylvia Escott-Stump. 10th Edition. Toronto: W.B. Saunders Company, 2000. RA 784 .K7 2000. RRef.

In addition to being a comprehensive resource on nutrition, this resource includes many sections of interest to mental health professionals. See sections such as Ch. 18, Interactions Between Drugs and Nutrients (includes 'Effects of Selected Drugs of Abuse on Appetite'), Ch. 23, Nutrition for Weight Management, Ch. 24, Nutrition in Eating Disorders. Also included are chapters on nutrition therapy for various disorders that drug misusers may have: liver disorders, gastrointestinal tract disorders, etc.

Logue, Alexandra W. The Psychology of Eating and Drinking. 3rd ed. New York: Brunner/Routledge, 2004. QP 141 .L64 2004

Low-Risk Drinking Guidelines: Maximize Life, Minimize Risk / Directives de consommation d'alcool à faible risque: réduire les risques, c'est protéger sa vie. Toronto: Centre for Addiction and Mental Health, 2005.

Online at: <http://www.camh.net> – See Under: Information About Alcohol and Drugs.

Also available in pamphlet format. Call 1-800-463-6273 (Ontario) for bulk orders.

MedlinePlus Online Encyclopedia (National Library of Medicine, US)

<http://www.nlm.nih.gov/medlineplus/encyclopedia.html>

See: Diet and Substance Abuse Recovery, Alcohol and Diet, Caffeine in the Diet, Binge Eating, etc.

Modern Nutrition in Health and Disease. Eds. Maurice E. Shils, James A. Olsen and Moshe Shike. 8th Edition. Philadelphia, PA: Lea and Febiger, 1994. RA 645 .N87 M63 1994. RRef . 2 Volumes.

Nutrition at CAMH. Web Page.

http://www.camh.net/Care_Treatment/Care_providers_role_descriptions/careproviders_nutrition.html

Briefly describes the services at CAMH and the importance of promoting healthier eating and lifestyle choices.

Smith, Andrew. Food, Drink and Mental Performance. In Pleasure and Quality of Life, ed. David M. Warburton and Neil Sherwood, 115-29. Toronto: John Wiley & Sons, 1996. BF 515 .P446 1996.

Somer, Elizabeth. Food and Mood: The Complete Guide to Eating Well and Feeling our Best. 2nd Edition. New York: Holt, Henry and Co, 1999. RM 216 .S65 1999

Wilson, Ted, Norman J. Temple and David R. Jacobs. Beverages in Nutrition and Health. Totowa, NJ: Humana Press, 2004. QP 144 .B48 B48 2004

Nutrition and Diet in Mental Health and Mental Illness

Freeman, Marlene P. Editorial: Nutrition and psychiatry. American Journal of Psychiatry: 167(3): 244-247 (2010)

Grant, Louise Z. Nutritional Interventions for Individuals with Mental Illness and Diabetes Mellitus. In Psychiatric Disorders and Diabetes Mellitus, ed. Maria D. Llorente and Julie E. Malphurs, 115 – 130. London: Informa Healthcare, 2007. RC 660 .P79 2007.

Goggins, Kim. Nutrition plays growing role in mental health treatment. CrossCurrents 13(1): 4-5 (2009)
http://www.camhcrosscurrents.net/archives/autumn2009/nutrition_role.html

Haddock, C. Keith and Patricia L. Dill. The effects of food on mood and behavior: indications for the addictions model of obesity and eating disorders. Drugs and Society. 15(1-2): 17-47 (1999)

Hakkarainen, Reeta et al. Association of dietary amino acids with low mood. Depression & Anxiety. 18(2): 89-94 (2003)

Herrin, Marcia. Nutrition Counseling in the Treatment of Eating Disorders. New York: Brunner/Routledge, 2003. RC 552 .E18 H47 2003

Hoffer, Abram. Healing Schizophrenia: Complementary Vitamin and Drug Treatments. Toronto: CCNM Press, 2004. RC 514 .H4635 2004

Kotowicz, Mark A. et al. Association of Western and traditional diets with depression and anxiety in women. American Journal of Psychiatry 167(3): 305-311 (2010)

Lakhan, Shaheen E. and Karen F. Vieira. Nutritional therapies for mental disorders. Nutrition Journal 7(2) (2008). Online at <http://www.nutritionj.com>.

Millward, Claire et al. Gluten- and casein-free diets for autistic spectrum disorder. Cochrane Database of Systematic Reviews 1, 2009. Completed in 2008.

Current evidence for efficacy of these diets is poor.

Montgomery, Paul and Alexandra J. Richardson. Omega-3 fatty acids for bipolar disorder. Cochrane Database of Systematic Reviews 1, 2009. Completed in 2008.

Limited data, but one study reviewed found positive effects of omega-3 as an adjunctive treatment for depressive, but not manic, symptoms.

Parker, G. et al. Omega-3 fatty acids and mood disorders. American Journal of Psychiatry 163 (6) 969-978 (2006)

Pataracchia, Raymond J. Orthomolecular Treatment for Depression, Anxiety, and Behavior Disorders. 2008.

A publication of the Naturopathic Medical Research Clinic. Toronto, ON. <http://www.nnmr.ca>.

The Role of Dieticians in Collaborative Primary Health Care Mental Health Programs. Toronto: Dieticians of Canada / Les diététistes du Canada [2006].

<http://www.ccmhi.ca/en/products/documents/ENDietitiansToolkit.pdf>

Simopoulos, Artemis P. Nutrition and Fitness: Mental Health, Aging, and the Implementation of a Healthy Diet and Physical Activity Lifestyle. 5th Annual Conference on Nutrition and Fitness, Athens, June 9-12, 2004. Basel, SZ: Karger, 2004. QP 141 .A1 I67 2004.

Young, Simon N. Clinical Nutrition: 3. The fuzzy boundary between nutrition and psychopharmacology. Canadian Medical Association Journal. 166(2): 205-209 (2002)

Psychotropic Medications

Many psychotropic medications come with guidelines related to eating and diet, including fluid intake. In some cases, specific foods should be avoided.

Boullata, Joseph I. And Vincent T. Armenti. Handbook of Drug-Nutrient Interactions. Totowa, NJ: Humana Press, 2004. RM 302.4 .H36 2004

Zimmerman, U, et al. Epidemiology, implications and mechanisms underlying drug-induced weight gain in psychiatric patients. Journal of Psychiatric Research 37(3): 193-220 (2003)

Nutrition and Diet in Substance Misuse and Addiction

Nutritional Information: Alcoholic Beverages

Dietary Guidelines for Americans 2005 published by the United States Department of Agriculture provides nutritional information on alcoholic beverages, including caloric content. See Chapter 9.

<http://www.healthierus.gov/dietaryguidelines/>

Alcohol and Nutrition. Alcohol Alert No. 22 (October 1993). <http://pubs.niaaa.nih.gov/publications/aa22.htm>

Augustin J. Et al. Alcohol retention in food preparation. Journal of the American Dietetic Association 92(4): 486-88 (1992).

A selection of recipes representing various cooking methods were tested for alcohol retention. All retained alcohol, from 4% to 85%(flamed). Also, alcohol was not found to completely evaporate away during storage (flans, etc.).

Beasley, Joseph D. Nutritional Counseling: How to Get the Big High. In Addiction Recovery Tools: A Practical Handbook, ed. Robert H. Coombs, pg. 291-305. Thousand Oaks, CA: Sage Publications, 2001.

RC 564 .A288 2001

Ciaramicoli, Arthur P. Treatment of Abuse and Addiction: A Holistic Approach. Northvale, NJ: Jason Aronson Inc., 1997. RC 564 .C43755 1997. See Chapter 5: Holistic Health: What Works?

Dekker, Trish. Nutrition and Recovery: A Professional Resource for Healthy Eating during Recovery from Substance Abuse / Nutrition et rétablissement: guide à l'intention des professionnels pou une alimentation saine au cours de rétablissement d'une toxicomanie. Toronto: Centre for Addiction and Mental Health, 2000. RC 564 .D44 2000 / RC 564 .D4414 2000

Drumm, Rene D. et al. "I'm a health nut!" Street drug users' accounts of self-care strategies. Journal of Drug Issues 35 (3): 607-630 (2005)

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Encyclopedia of Drugs, Alcohol and Addictive Behavior, 3rd edition. Eds. Pamela Korsmeyer and Henry R. Kranzler. New York: Macmillan Reference USA, 2009. HV 5804 .E58 2009. RRef

Check Index under Nutritional Complications and Nutritional Supplements for several relevant entries.

Faetz J. Nutritional therapy: the missing link to treatment of alcoholism. Journal of Addiction Nursing: 10(4): 197-200 (1998)

Froom, Paul, Samuel Melamed and Jochanan Benbassat. Smoking cessation and weight gain. Journal of Family Practice: 46(6): 460-4 (1998)

Grant, Louise P., Betsy Haughton and Dileep S. Sachan. Nutrition education is positively associated with substance abuse treatment program outcomes. Journal of the American Dietetic Association 104 (4): 604-610 (2004). Nutrition VF

Griffith, Christopher M. and Steven Schenker. The role of nutritional therapy in alcoholic liver disease. Alcohol Research and Health 29(4): 296-306 (2006). <http://pubs.niaaa.nih.gov/publications/arh294/296-306.pdf>

Hatcher, Anne S. Nutrition and Substance Abuse Toolbox for RDs and Counselors. Denver, CO: Center for Addiction Studies, Metropolitan State College of Denver, 1999. RC 455.4 .N8 H37 1999

Hatcher, Anne S. Weighty matters during recovery: unhealthy eating behaviors can impede client progress. Addiction Professional 2(6): 23-6 (2004)

Hendricks, K., and S. Gorbach. Nutritional issues in chronic drug users living with HIV infection. Addiction Science and Clinical Practice 5 (1) 16-23 (2009). Online at <http://www.drugabuse.gov/ascp/>.

Kalant, Harold. Alcohol Use and Nutrition. In Diet, Nutrition and Health, ed. K.K. Carroll, 176-89. Ottawa, ON: Royal Society of Canada, 1989. QP 801 .A3 K349 1989. Reprint.

Lieber, Charles S., ed. Medical and Nutritional Complications of Alcoholism: Mechanisms and Management. New York: Plenum Publishing Corp., 1992. QP 801 .A3 M3924 1992

Lieber, Charles S. Relationships between nutrition, alcohol use, and liver disease. Alcohol Research and Health 27(3): 221-231 (2003). <http://pubs.niaaa.nih.gov/publications/arh27-3/220-231.pdf>

Markowitz, John S., Aimee L. McRae and Susan C. Sonne. Oral nutritional supplementation for the alcoholic patient: a brief overview. Annals of Clinical Psychiatry 12(3): 153-8 (2000)

McCombie, Louise et al. Injecting drug use and body mass index. Addiction 90 (8): 1117-1118 (1995)

Mohs, Mary E. and Ronald R. Watson. Nutritional Effects of Selected Drugs of Abuse. In Biochemistry and Physiology of Substance Abuse, Volume 1, Ed. Ronald R. Watson, pg. 59-75. Boca Raton, FL: CRC Press, Inc., 1989. QP 905 .B48 1989 Vol. 1

Pharmacological adjuncts and nutritional supplements in the treatment of drug dependence. In Journal of Psychoactive Drugs 20(3): (July-Sept. 1988). Theme issue. RC 564 .P459 1988

Siple, Molly. Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage for Alcoholism. Cambridge, MA: Da Capo Press, 2008. RC 565 .S534 2008.

Soussloff, Margaret, Cara Zechello and Maria F. Bettencourt. Nutrition in Recovery. [Boston]: Massachusetts Food Banks and Massachusetts Department of Public Health, 1995. RC 564 .S675 1995
Curriculum designed for staff and residents of substance abuse recovery homes.

Virmani, Ashraf et al. Links between nutrition, drug abuse, and the Metabolic Syndrome. Annals of the New York Academy of Science 1074: 303-314 (2006). RM 316 .C45 2005

Watson, Ronald R. and Mary E. Mohs. Effects of Morphine, Cocaine, and Heroin on Nutrition. In Progress in Clinical and Biological Research, 413-18. RA 645 .N87 W37 1990

Watson, Ronald R. and Victor R. Preedy. Nutrition and Alcohol. Boca Raton, FL: CRC Press Inc., 2004. QP 141 .N8724 2004

Yuan, Chun-Su, ed. Handbook of Opioid Bowel Syndrome. New York: The Haworth Press, 2005. RC 861 .H36 2005.

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Geller, Anne and M.J. Territo. Restore Your Life: A Living Plan for Sober People. Toronto: Bantam Books, 1992. RC 564 .G368 1992

Lydon, Stevie, Karen Lammie and Peter McArthur. Home Detox: Working Through It. Kilmarnock: Ayrshire & Arran Community Health Care, NHS Trust, 1996. RC 564 .L84 1996.

Miller, Merlene and David Miller. Staying Clean and Sober: Complementary and Natural Strategies for Healing the Addicted Brain. Oren, UT: Woodland Publishing, 2005. RC 564 .M539 2005. Popular Literature.

Powter, Susan. Sober...and Staying that Way: The Missing Link in the Cure for Alcoholism. New York: Simon & Schuster, 1997. HV 5293 .P68 A3 1997.