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

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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)


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.


MedlinePlus Online Encyclopedia (National Library of Medicine, US)
See: Diet and Substance Abuse Recovery, Alcohol and Diet, Caffeine in the Diet, Binge Eating, etc.


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.


**Nutrition and Diet in Mental Health and Mental Illness**


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](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].


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


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/


   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.).


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


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


Curriculum designed for staff and residents of substance abuse recovery homes.


**Nutrition and Diet in Recovery - Popular Works**


