



NEURISH

The image shows a pair of hands holding a tablet against a light green background. The tablet screen displays the word "NEURISH" in a grey, sans-serif font. The letter "I" is replaced by a green molecular structure icon consisting of a central circle with three lines extending to smaller circles above it. The hands are rendered in a simple, light skin tone style.

“

Let food be thy medicine and medicine be thy food. ”

- Hypocrates

“

Given the substantial direct and indirect action of various nutritional compounds on gene expression, immune function, the endocrine system, biochemistry and ageing, it is therefore appropriate and important to recognise that diet must be considered as another environmental factor with the potential to influence the course and outcome of many psychiatric illnesses.

”

- (Jacka & Berk, 21)



It is reported that Canadians aged 15-24 have the **highest rates** of mood disorders of the entire population (Statistics Canada, 2017).

Are antidepressants alone the best way to combat mental illness?

Much of the current research suggests that **diet plays a significant role in regulating mood**.

With this in mind, our goal is to help **improve mental health through nutrition** while giving youth the opportunity to form **healthy habits** they can carry with them throughout their lives.

Neurish is a platform that provides users with healthy recipe options that are **specific to their mental health needs** in a **positive and lighthearted** manner.

By selecting a desired mood, users can find balanced, nutrient-rich recipes that are tailored to their needs.

Whether you're struggling with mental illness or simply looking to balance your mood, Neurish can help you take care of your mental health.

A decorative graphic consisting of a horizontal light green line. A large dark green circle is positioned on the line, with two smaller dark green circles connected to it by thin light green lines, one above and one below.

what is neurish?

beneficial compounds



Happy

Vitamin B6 - increases production of serotonin



Balanced

Omega-3 fatty acids - supports brain cell function + structure



Relaxed

Tryptophan - increases production of serotonin



Energized

Complex carbohydrates - sustains body with energy over time



Focused

Vitamin K, folate - increases cognitive function including focus, clarity + memory



Awake

Vitamin B12, thiamin, riboflavin - supports red blood cell + energy production

how does it work?

neurish.tech



Search up neurish.tech

NEURISH

Next

Prepare yourself

back

I want to feel...



Select your desired mood

[back](#)

Relaxed

Tryptophan is an amino acid found in many protein-rich foods. Tryptophan plays a large role in the production of serotonin in the brain. An increase in serotonin in the brain can reduce anxiety and calm the nervous system.

Try including these in your meal

- Eggs
- Oats
- Tofu
- Pumpkin Seeds
- Turkey
- Mushrooms

Learn about which foods can help achieve mood
Select which ingredient you want to eat

Ingredients

- 600 g new potatoes
- 200 g fine green beans
- 200 g tenderstem broccoli
- 4 x 120 g salmon fillets, scaled and pin-boned, from sustainable sources
- olive oil
- 1 lemon

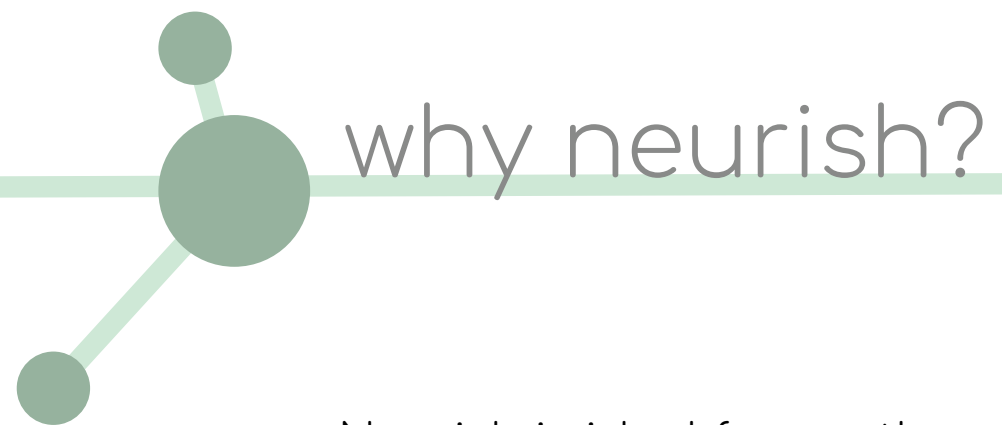
Pesto

- 25 g pine nuts
- ½ a small clove of garlic
- 50 g fresh basil
- extra virgin olive oil
- 15 g Parmesan cheese
- 1 lemon

Method

1. To make the pesto, place a small frying pan over a medium heat, tip in the pine nuts and toast until very lightly golden – keep them moving so they don't burn, then place in a small bowl and put to one side.
2. Peel the garlic, then place in a pestle and mortar with a pinch of sea salt.
3. Pick and tear in the basil leaves.
4. Bosh the mixture to a paste, then add the pine nuts and pound again, leaving a little bit of texture. Scrape the mixture into the small bowl.
5. Add 2 to 3 tablespoons of extra virgin olive oil – you need just enough to bind the pesto and give it an oozy consistency – then finely grate and stir through the Parmesan.
6. Add a squeeze of lemon juice. Have a taste and season with a pinch of black pepper and a squeeze more lemon juice, if you think it needs it.
7. Scrub the potatoes well, then trim the beans and broccoli.
8. Fill a large pan three quarters of the way up with boiling water, add a pinch of salt and bring to the boil.
9. Once boiling, carefully add the potatoes and cook for 15 minutes, adding the beans and the broccoli for the final 5 minutes.
10. Meanwhile, heat a large non-stick frying pan over a high heat.

Follow recipe for a wonderful + balanced meal !



why neurish?

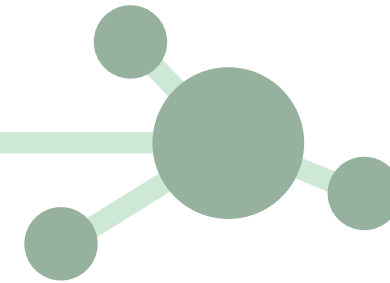
Neurish is ideal for youth and young adults to learn more about nutrition and to **develop healthy habits** as they gain independence.

By making Neurish available to everyone, it can act as a **preventative tool** against mental health disorders.

Desktop and mobile platforms make Neurish **accessible** whether users are at home or at the grocery store.

Unlike a simple recipe app, the recipes we offer are **catered to the individual user's well-being, with mental health being the top priority.**

moving forward...

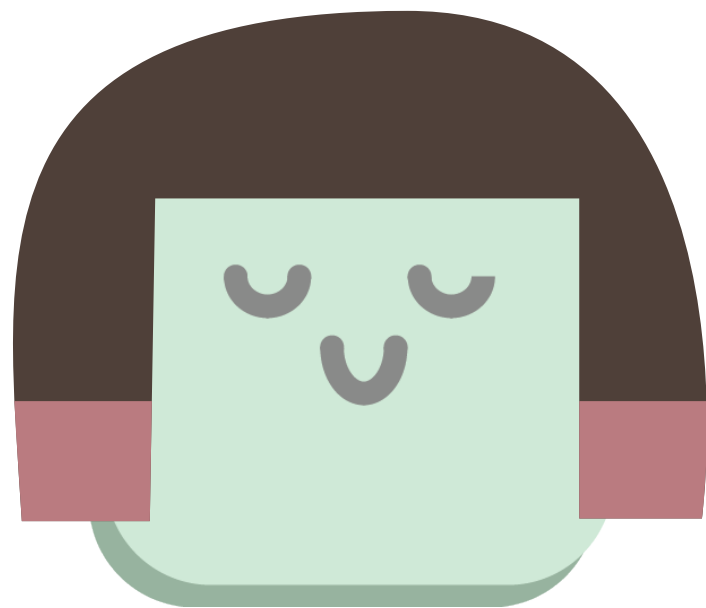


Neurish is not intended to be an adequate substitute for medical attention.

Potential future functionalities for Neurish are:

- More customizability for users with dietary restrictions or preferences.
- Ability to parse and continually update data from different recipe websites.
- Allow users to log and track their mood changes over time.

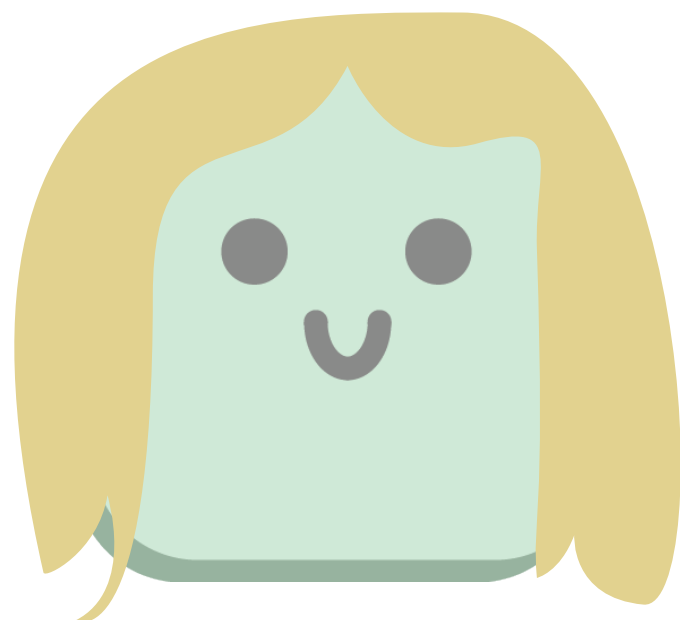
the team



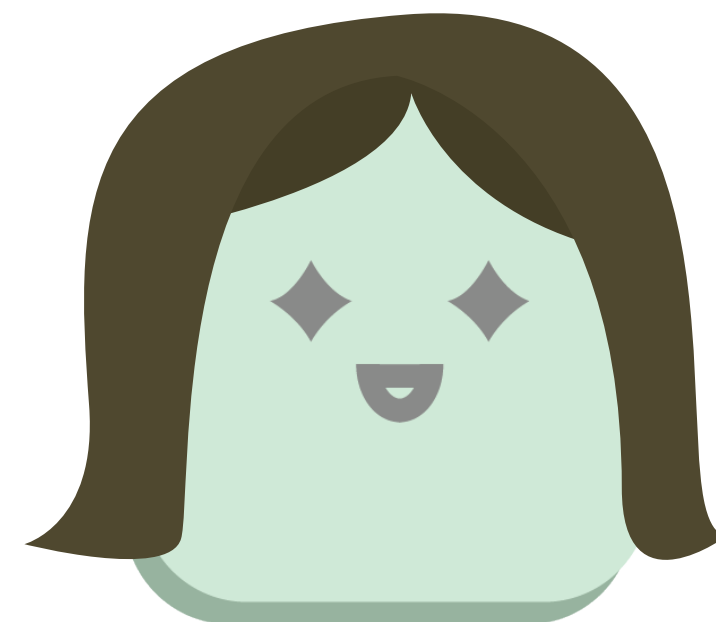
Lucy Huang



Justin Ho



Zoey Gray



Nichole Boufford

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Pesto Crusted Salmon: <https://d3hvwccx09j84u.cloudfront.net/web/image/salm-on-with-pesto-potatoes-8b4567.jpg>

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“A meal high in carbohydrates attenuates depression in humans”

Search bar image: <https://d2d3qesrx8xj6s.cloudfront.net/img/screenshots/e41d-be9966b2e192445073b450160ec038b9bc8e.jpeg>