

## Nutrition & Mental Health – References

Australian Bureau of Statistics (ABS). (2017). Australian Health Survey: Consumption of Food Groups from the Australian Dietary Guidelines, 2011-12. Canberra: ABS. Retrieved from <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4364.0.55.012main+features12011-12>.

Jacka, F., Kremer, P., Berk, M., de Silva-Sanigorski, A., Moodie, M., Leslie, E., & Swinburn, B. (2011). A prospective study of diet quality and mental health in adolescents. *PloS one*, 6: 9, e24805.

Jyoti, D., Frongillo, E., & Jones, S. (2005). Food insecurity affects school children's academic performance, weight gain, and social skills. *The Journal of Nutrition*, 135(12), 2831-2839.

National Health and Medical Research Council (NHMRC). (2013) Australian Dietary Guidelines. Canberra: NHMRC. Retrieved from <https://www.nhmrc.gov.au/guidelines-publications/n55>.

O'Neil, A., Quirk, S., Housden, S., Brennan, S., Williams, L., Pasco, J., & Jacka, F. (2014). Relationship between diet and mental health in

For more information visit

[beyou.edu.au](http://beyou.edu.au)

children and adolescents: A systematic review. *American Journal of Public Health*, 104: 10, E31-42.

Tomlinson, D., Wilkinson, H., & Wilkinson, P. (2009). Diet and mental health in children. *Child and Adolescent Mental Health*, 14: 3, 148-155.

Townsend, N., Murphy, S., & Moore, L. (2011). The more schools do to promote healthy eating, the healthier the dietary choices by students. *Journal of Epidemiology and Community Health*, 65: 10, 889-895.

External links

Eat for Health – Eating well

Food and Mood Centre

Better Health Channel – Kids and energy needs

Orygen – Food and thought: the relationship between diet and outcomes for depression and anxiety

