

Nutrition, Diet and Mental Health / Drug Use Selected Bibliography

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This bibliography is limited in scope primarily to selected books and reports from the CAMH Library collections, supplemented with a small number of Web resources and journal articles. Its purpose is to serve as an introduction and overview of the topic, not an in depth literature review. Eating and feeding disorders are not covered.

General Resources See also **Internet Resources**, pg. 5

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

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.

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.

Somers, Elizabeth. Food and Mood: The Complete Guide to Eating Well and Feeling our Best. Second 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

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

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, foods should be avoided – for example, see the Health Canada Advisory on grapefruit juice and medications for anxiety and depression:

http://www.hc-sc.gc.ca/english/protection/warnings/2002/2002_49e.htm.

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

Alcohol and Nutrition. Alcohol Alert No. 22 (October 1993).

Alcohol and Nutrition. Alcohol, Health and Research World. 13 (3): 1989. Theme issue. QP 801 .A3 A4182 1989

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?

Carvlin, Mary and Daphne Roe. Complications: Nutritional. In Encyclopedia of Drugs, Alcohol and Addictive Behavior, ed. Rosalyn Carson-DeWitt et al. vol. 1: 336-40. New York: Macmillan Reference USA, 2001. 5804 .E58 2001 v.1 RRef

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 pour 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)

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

Finnegan, John and Daphne Gray. Recovery from Addiction; a Comprehensive Understanding of Substance Abuse with Nutritional Therapies for Recovering Addicts and Co-dependents. Berkeley, CA: Celestial Arts, 1990. RC 564 .F56 1990

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

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)

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.

Larson, Joan M. Seven Weeks to Sobriety; the Proven Program to Fight Alcoholism Through Nutrition. New York: Fawcett Columbine, 1997. RC 565 .M339 1997

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

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

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Mossey, Lee Ann M. Nutrition and Recovery from Alcoholism. In Treatment Choices for Alcoholism and Substance Abuse, ed. Harvey B. Milkman and Lloyd I. Sederer, pp 73-88. Lexington, MA: Lexington Books, 1990. RC 564 .T7276 1990

Nutrition and Recovery. Developments [AADAC] 18(1) (Feb-Mar. 1998). Theme issue.

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

Robertson, Bozena-Eva. Alcohol and Nutritional Deficiencies. In Alcohol Disabilities Primer: A Guide to Physical and Psychosocial Disabilities Caused by Alcohol Use, 111-35. Boca Raton, FL: CRC Press, Inc., 1993. RC 565 .R5985 1993

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

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.

Nutrition and Diet in Recovery - Popular Works

Beasley, Joseph D. and Susan Knightly. Food for Recovery: The Complete Nutritional Companion for Recovering from Alcoholism, Drug Addiction, and Eating Disorders. New York: Crown, 1993. RC 455.4 .N8 B43 1993

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.

Mumey, Jack and Anne S. Hatcher. Good Food for a Sober Life. Chicago: Contemporary Books, 1987. RC 455.4 .N8 M85 1987

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.

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/>

Internet Resources

Office of Nutrition Policy and Promotion: Canada's Food Guide, 2007
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/res/index_e.html

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, 2000. Pamphlet. Call 1-800-463-6273 (Ontario), 416-595-6111 for a copy. Also online at:
<http://www.camh.net/McLaughlin> - See Information about Drugs and Addiction.

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.