

Final Essay Outline

Introduction Paragraph

Hook: Have you ever stopped to think that food is an excellent source of nutrients that can work on improving your mental health?

Define Terms: Food or diet refers to what people eat regularly, mental health is what it affects how we think, feel and handle life in general, brain function refers to the complex organ that controls everything we do.

Thesis: Although nutrition may not be the main reason for mental health issues, maintaining a good diet is a great first step for improving mental health, as it directly impacts mood and brain function.

Transition: Understanding the importance of this connection is crucial for us humans, but we must understand what experts say about this topic.

Body Paragraph 1 - Lay Out the Position

Topic Sentence: Experts in nutritional psychiatry state that eating healthy can fuel the brain and stabilize mood.

Support: Gomez-Pinilla (2008) says that omega-3 fats and antioxidants, alongside with other nutrients support brain function and cognition, and can even help prevent diseases.

Gloss Over: The way to nourish the brain is to maintain a nutritious and balanced diet, avoiding ultra processed food and low quality ingredients.

Transition: However, maintaining a good and balanced diet is not only about that, it is much more.

Body Paragraph 2 - Refute / Add Complexity

Topic Sentence: Not everyone has equal access to healthy food, so it is important to also talk about food insecurity and how this can worsen mental health symptoms.

Support: Larson et al. (2020) states that adolescents and young adults that experience food insecurity probably face higher stress, worse diet quality and unhealthy habits like not eating a meal and not sleeping well.

Gloss Over: This matter shows that diet quality is not the only problem, we have to be

aware of the other's environment and access to good food, in terms of nutrition.

Transition: Addressing food insecurity and guaranteeing access to better nutrition is crucial for supporting good brain function and making sure that fewer children and adolescents develop mental health issues later in their lives.

Body Paragraph 3 - What We Need To Do

Topic Sentence: To protect their mental health and brain function, people need to be consistent with their healthy habits, combining nutritious food, exercise, good sleep and awareness.

Support: Hoffmann (2024) emphasizes that diet, exercise, sleep and social habits all work together in the support of a strong brain function and long-term well-being.

Gloss Over: Maintaining a poor diet over time can have life lasting effects health, both physical and mental, early intervention and sustained healthy habits are important to address these issues.

Transition: More than ever, we need to raise awareness and educate ourselves on this matter. Eating ultra processed foods and low-quality ingredients may be more convenient and cheaper, but the long-term consequences are serious.

Body Paragraph 4 - What the Results Will Look Like

Topic Sentence: The more people that adopt healthier habits the more communities would be able to see better mood, higher energy and less long-term mental health problems.

Support: Research suggests that better diets can reduce inflammation, improve focus, and lower risks of chronic diseases that also affect mental health (Gomez-Pinilla, 2008).

Gloss Over: According to these studies, combining a healthy diet with therapy or medication can enhance treatment outcomes, because proper nutrients will support brain function, mood regulation, and energy levels.

Transition: To maintain a diet rich in nutrients and balanced is to take care not only of your body or appearance, but also your brain and well-being.

Conclusion Paragraph

Restate Thesis: Prioritizing nutrition when treating mental health issues may even weaken the necessity of strong medication and radical treatments, to promote a better and more productive life to the ones suffering from mental health problems.

Benefit / Call to Action: Diet affects mental health at both the individual and population levels, it helps everyone's development to reduce long-term risks that are associated with a poor-quality diet and low nutritious ingredients.

Snappy Close: To live a healthier life, you may want to start with your habits and what you put on your plate today.