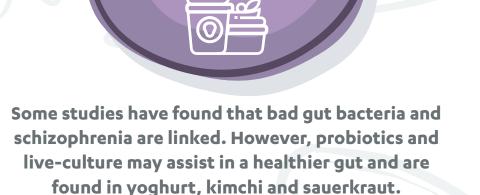
Studies show that people with schizophrenia often lack fibre in their diet. Fruits such as raspberries, apples and pears are some of the best sources of fibre, which helps to reduce cholesterol and aid digestion. In addition, fibre-rich diets may lower the chance of heart diseases, diabetes and obesity.

FRUITS

EATING PLANS TO HELP MANAGE SYMPTOMS

Better diet, better management of schizophrenia symptoms

People living with schizophrenia may sometimes have unhealthy eating habits, which can put them at risk of other health problems like cardiovascular diseases and diabetes.¹



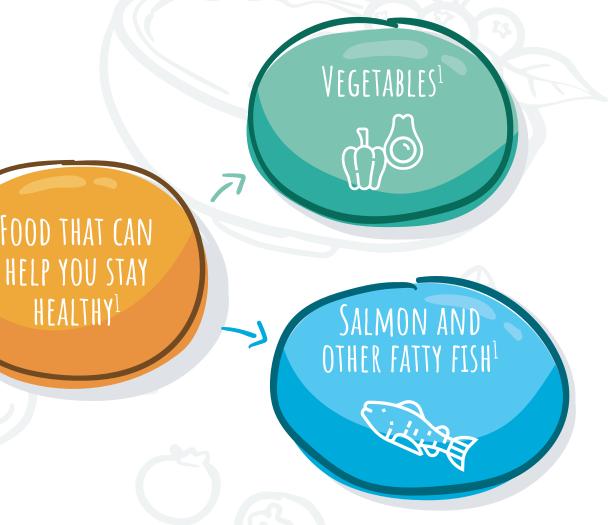
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These dietary changes may seem small, but together they can curb the frequency of schizophrenia symptoms. A healthy diet also prevents additional health problems, such as diabetes and digestion issues.¹

If you or a loved one is struggling with symptoms of schizophrenia, consult a doctor. There is a monthly injectable that manages symptoms and allows you to live a fulfilled life.

Vegetables are low in fat and calories, while packed with fibre and important vitamins. They help keep your blood sugar in check. Potassium-rich vegetables such as potatoes, lima beans, kidney beans and pumpkin assist the digestive system in functioning effectively.



Omega-3 fatty acids are integral to health and wellbeing. Several studies show that Omega-3 may prevent and ease the symptoms of schizophrenia. Salmon and mackerel are known to be rich in Omega-3. If you don't like fish, ask your doctor about Omega-3 supplements.