

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

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.

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.



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.

References:

1. <https://www.webmd.com/schizophrenia/ss/slideshow-best-nutrition-for-schizophrenia>