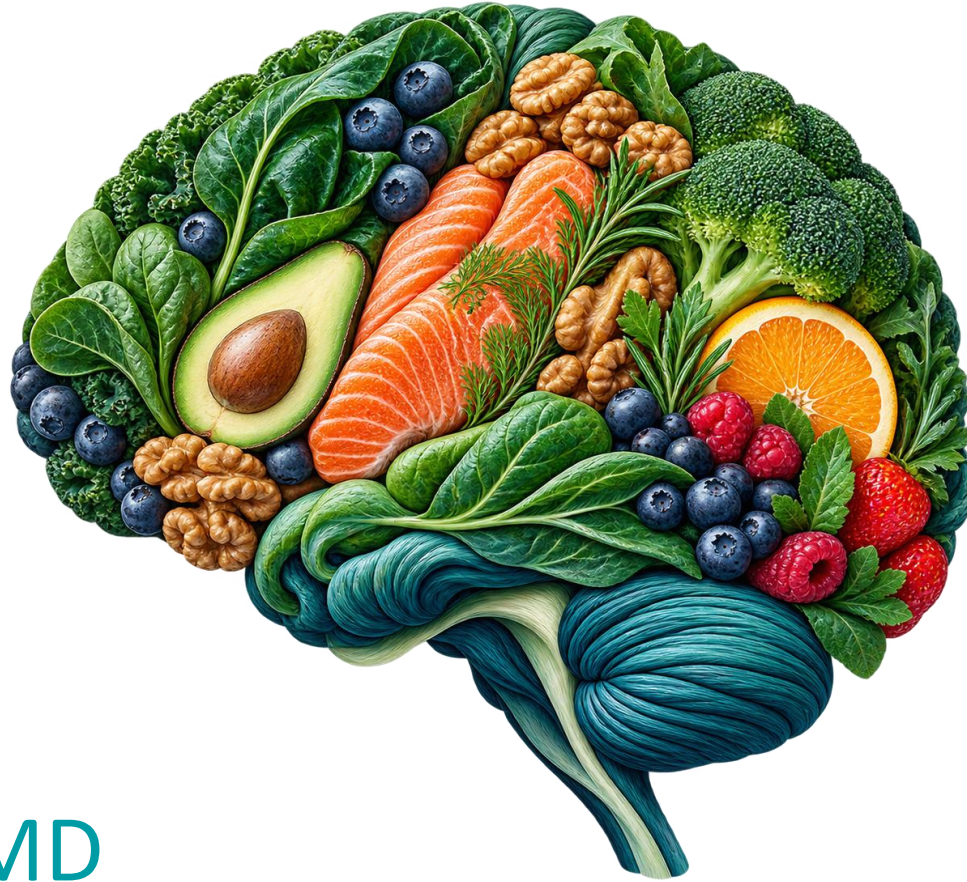


Introduction to Nutritional, Lifestyle and Metabolic Psychiatry

 **Massachusetts General Hospital**
Founding Member, Mass General Brigham
Psychiatry Academy



Dr. Uma Naidoo, MD

**I have no relevant financial relationship
with a commercial interest to disclose.**

Dr. Uma Naidoo, MD

Harvard Medical School

Director of Nutritional, Lifestyle & Metabolic Psychiatry (NLM) :

Massachusetts General Hospital

- Pioneer : US Nutritional Psychiatry
- Pioneer: Culinary Psychiatry [™]
- Best Selling Author
- Professional Chef
- Culinary Instructor (part-time)
- Nutritional Biologist
- International Rundle Lister Award in Nutrition Education
- First Psychiatrist to be awarded the Viswanathan Family Lifestyle Psychiatry and Medicine Award by the American Psychiatric Association



Definition:

- Nutritional psychiatry offers clinical guidelines based on nutrition science and evidence-based research for the use of whole foods and nutrients to improve mental wellbeing.
- Mental Health & Metabolic Health are inextricably linked.
- Lifestyle factors play a key role

Dr. Uma Naidoo MD







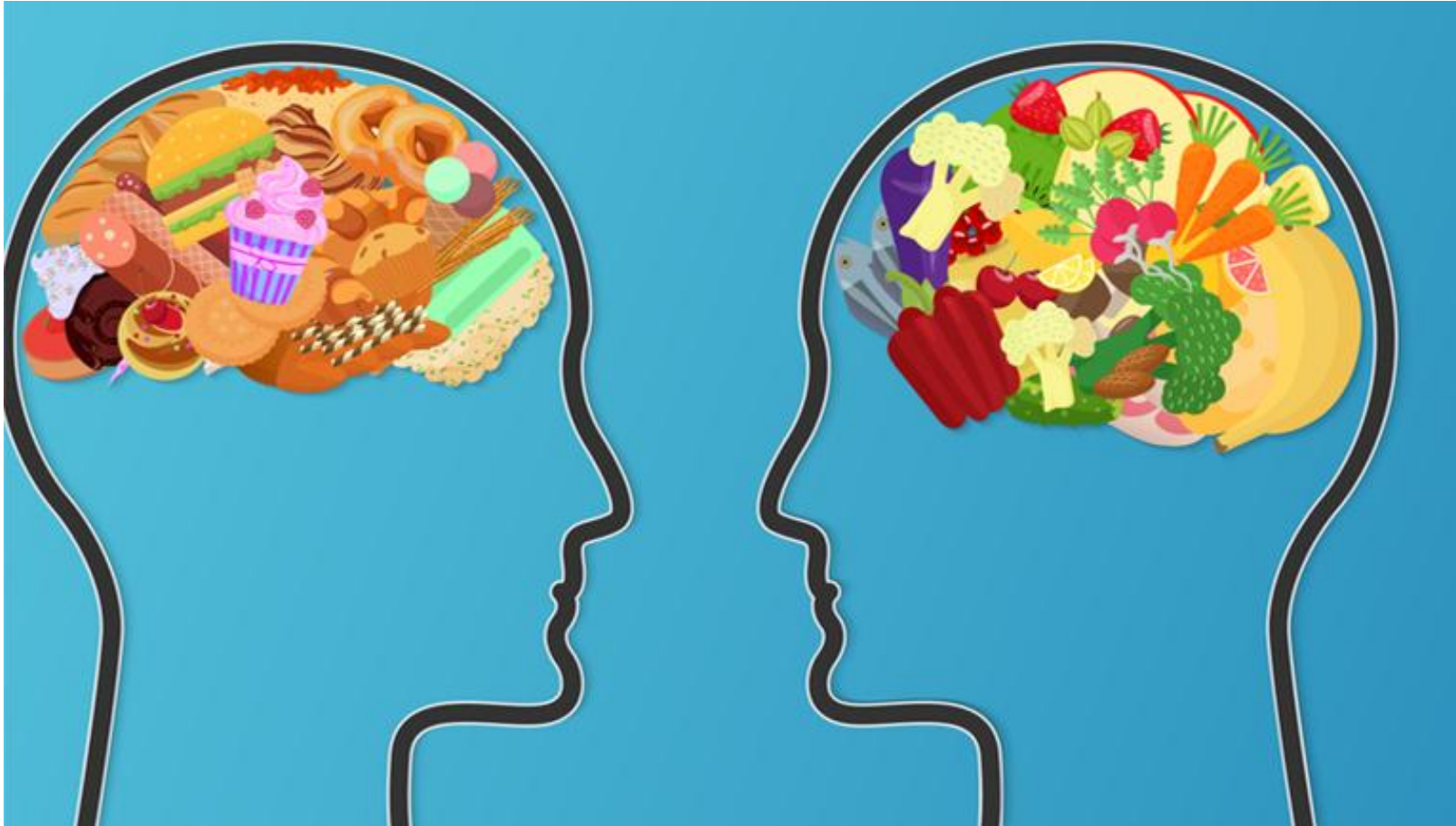
Nutritional Psychiatry is *not*:

“It’s *not* about
10-mg of Prozac or 10 Blueberries....”

WSJ, Dr. Uma Naidoo MD

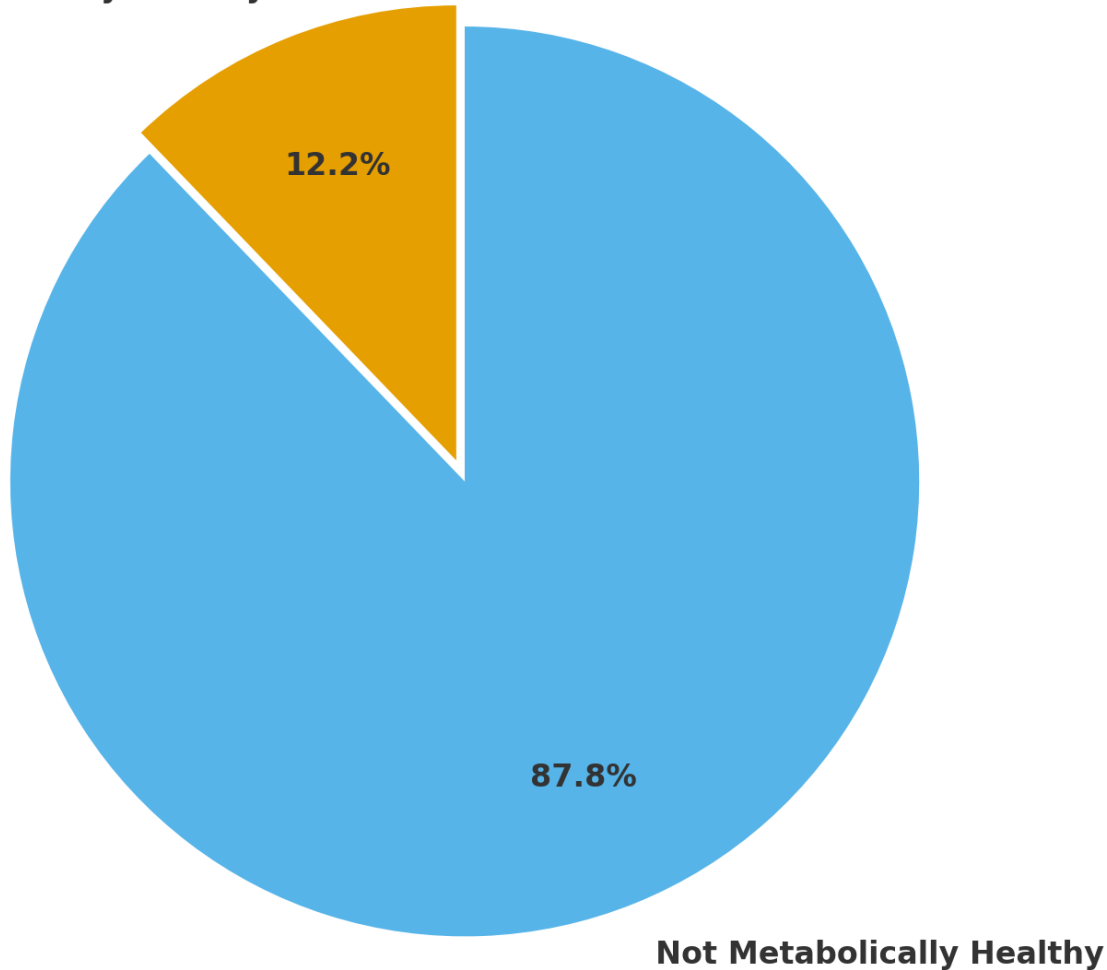
Food and nutrients do not replace
medication & other therapies but
rather *work in synergy* and offer
broader options to improve mental
wellbeing

Poor Nutrition *is the leading cause of poor health in the US and globally*



Metabolic Health in U.S. Adults

Metabolically Healthy



This chart visualizes the proportion of U.S. adults who are metabolically healthy (12.2%) versus not metabolically healthy (87.8%),

Dr Uma Naidoo MD

Nutritional Science





8 VIDEOS



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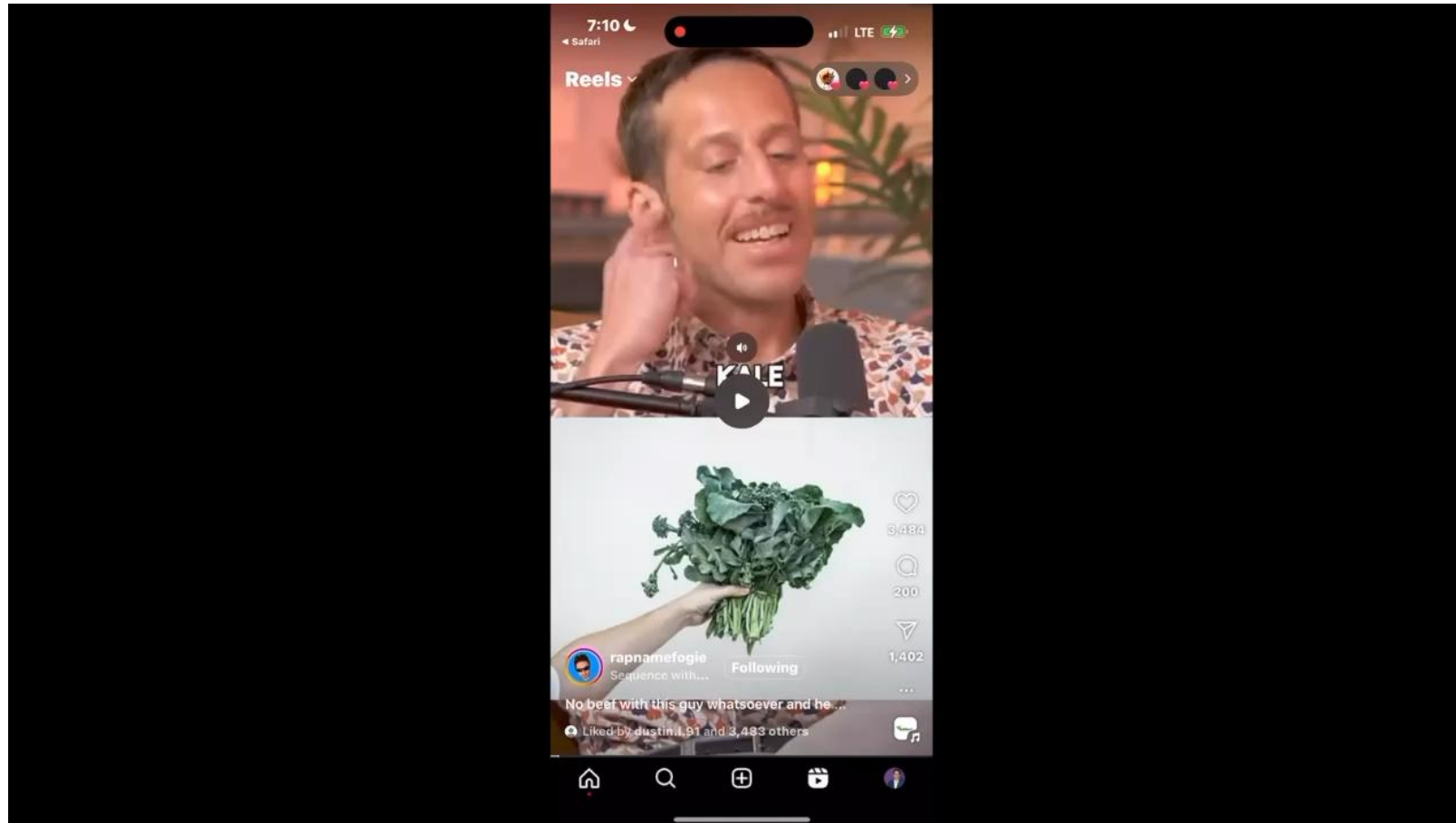
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Is there a Solution?



Directions in Nutritional, Lifestyle & Metabolic Psychiatry

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COLLEGE OF MEDICINE
AND INTEGRATED HEALTH

With Thanks to Dr Uma Naidoo, MD



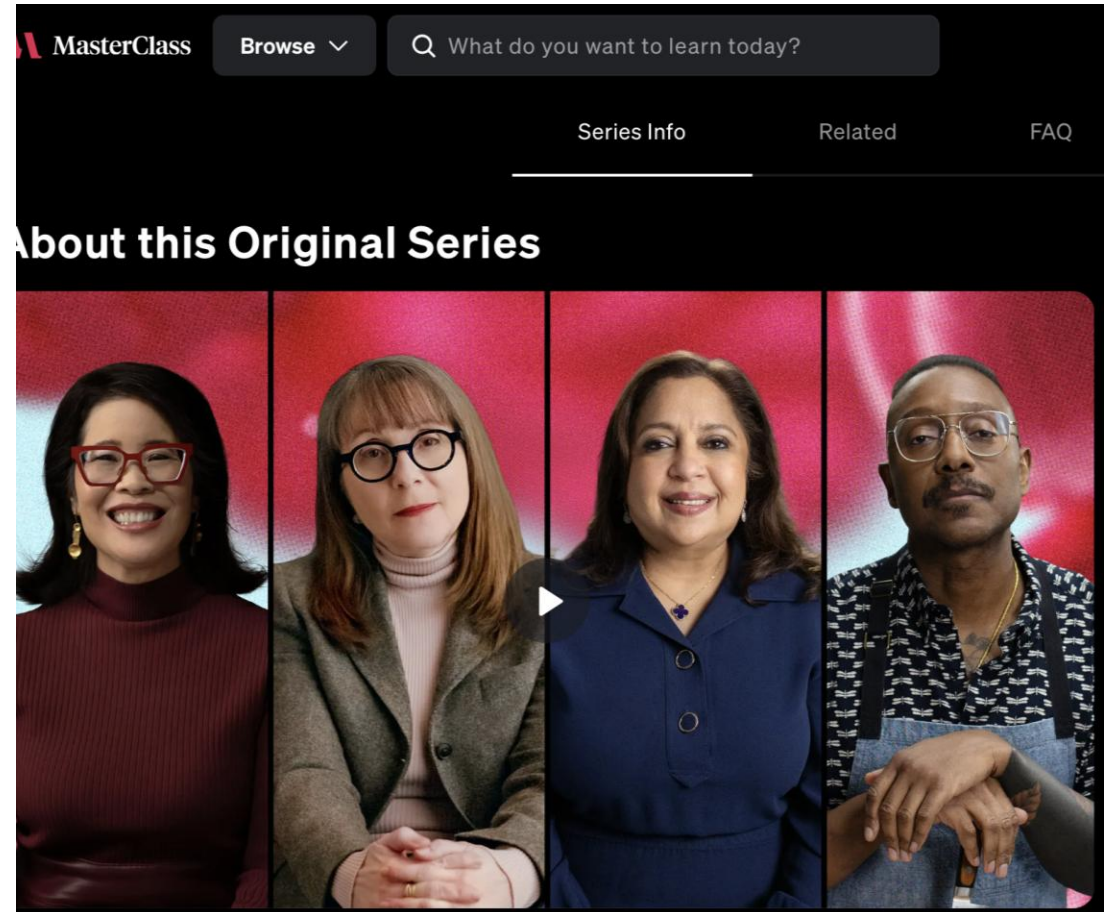
**DIVISION OF
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Dr. Uma Naidoo MD

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Brain Health





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I AM ATTENDING

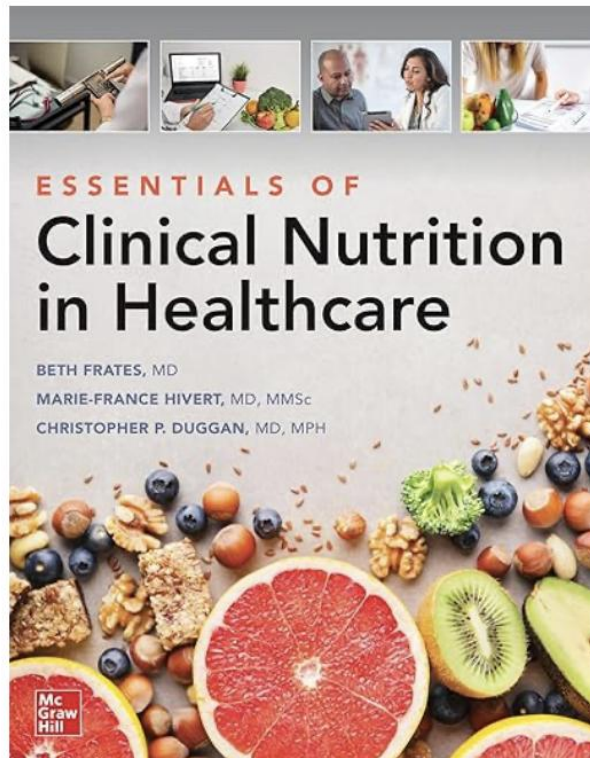


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FESTIVAL DE CANNES





Essentials of Clinical Nutrition in Healthcare 1st Edition



by [Ellizabeth Frates](#) (Author), [Marie-France Hivert](#) (Author), [Christopher Duggan](#) (Author)

5.0 ★★★★★ (2)

Proven methods for diagnosing and managing nutritional changes in patients with chronic diseases and conditions

Essentials of Clinical Nutrition in Healthcare fills the well-recognized evidence-practice gap between the nutrition knowledge, skills, and attitudes needed for nutrition care and the nutrition education provided by medical schools.

Focusing on nutrition and dietetics, it walks you through the process of maintaining patients' energy balance while also providing sufficient nutrients, such as protein, vitamins, and minerals. Evidence-based chapters address the effects of diet on health and a comprehensive array of illnesses. *Essentials of Clinical Nutrition for Healthcare* is organized into three major sections:

- The fundamentals of nutrition and how it applies to clinical practice, including nutrition through the lifespan and personalized nutrition

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**Dr. Uma Naidoo's Primer in Nutritional Psychiatry:
MGH Certification In Nutrition & Mental Health**

[Course summary](#)

Certificate



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on June 24, 2025

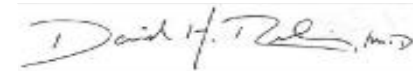
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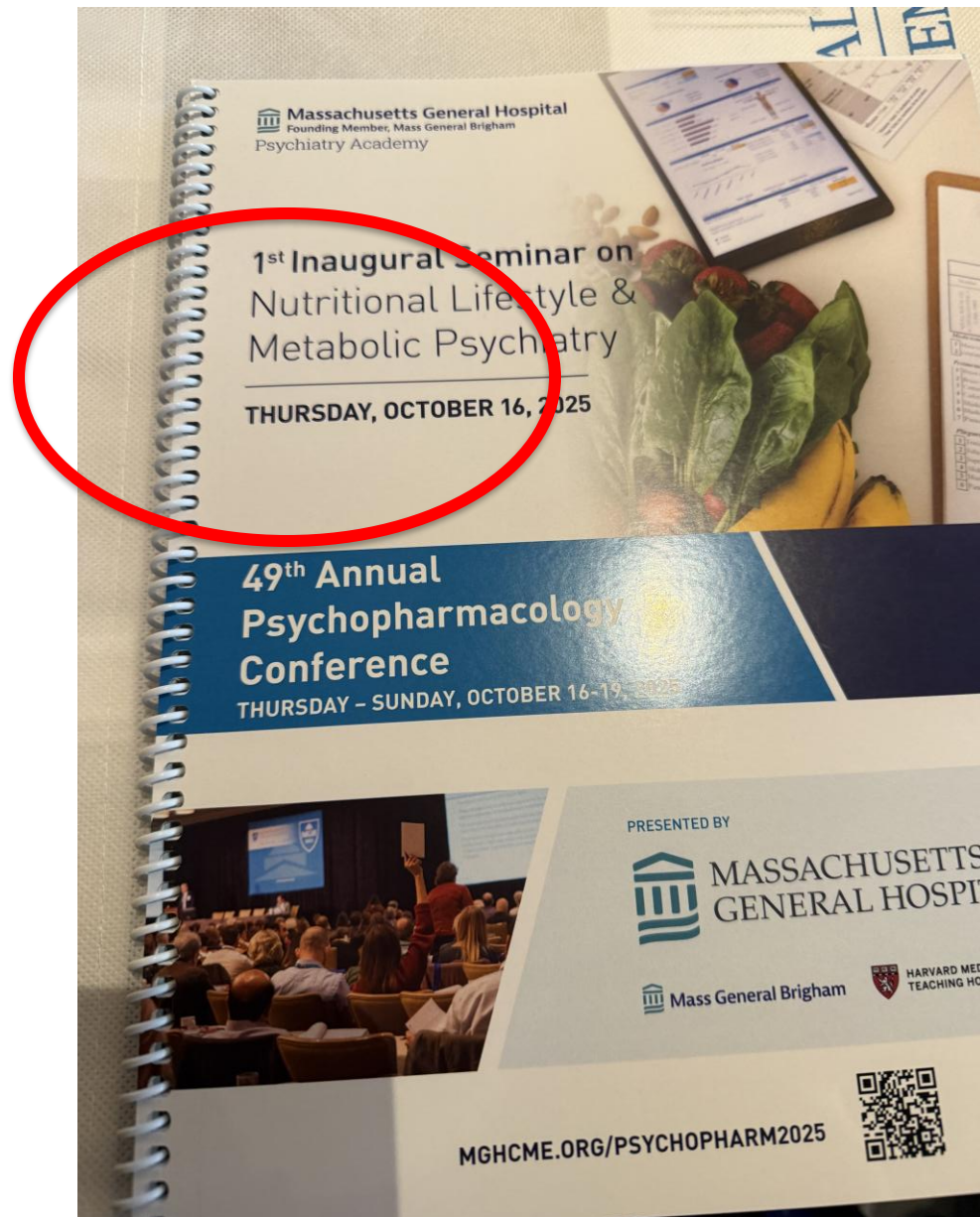
MGH Nutrition Literacy for
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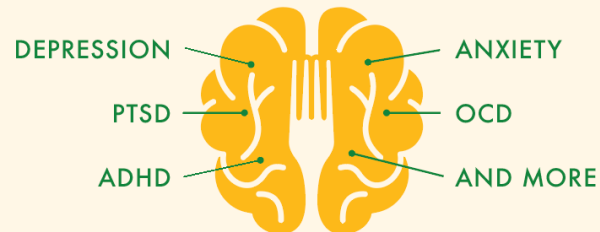
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NATIONAL BESTSELLER

"When it comes to cooking and eating to improve mental health, nobody does it better than Dr. Naidoo." —**WILLIAM W. LI, MD**, author of *Eat to Beat Disease*

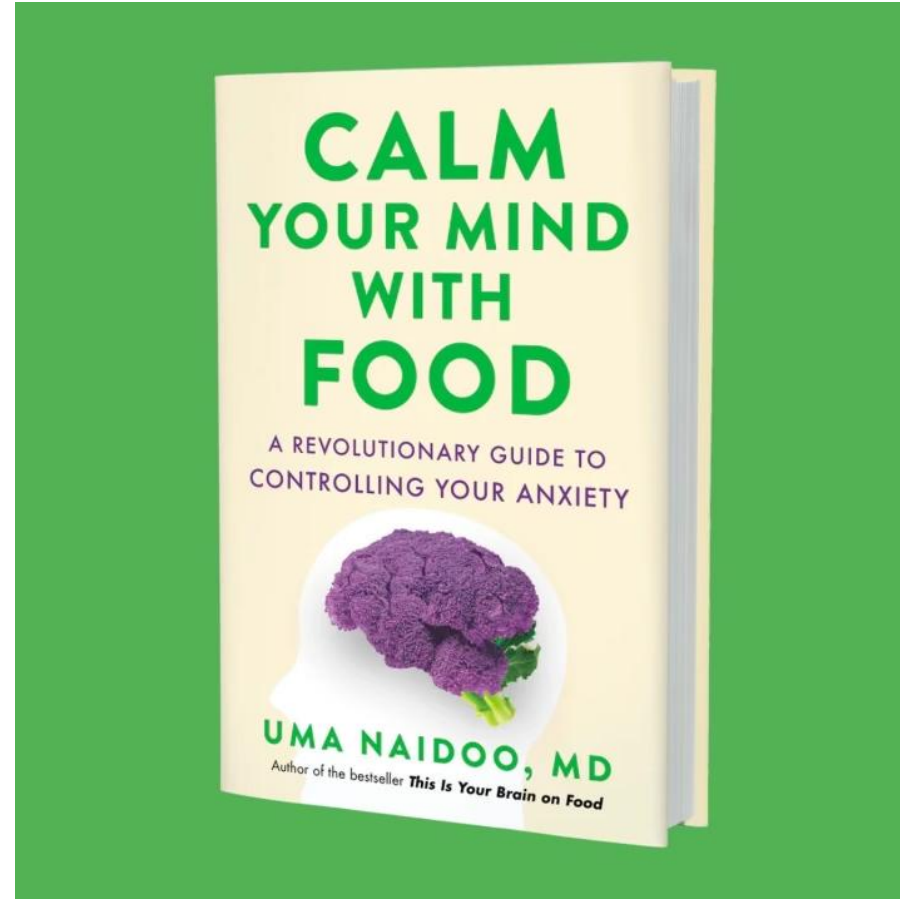
THIS IS YOUR BRAIN ON FOOD

AN INDISPENSABLE GUIDE
TO THE SURPRISING FOODS THAT FIGHT



UMA NAIDOO, MD

Nutritional Psychiatrist, Harvard Medical School



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