

Websites:

American Heart Association

<http://www.heart.org/HEARTORG/>

Centre for Addiction and Mental Health (Resource library online)

<http://knowledgex.camh.net/Pages/default.aspx>

Canadian Diabetes Association

<http://www.diabetes.ca/>

Canadian Mental Health Association

<http://www.cmha.ca/bins/index.asp>

Health Canada

<http://www.hc-sc.gc.ca/index-eng.php>

National Institute of Mental Health

<http://www.nimh.nih.gov/index.shtml>

Heart and Stroke Foundation

<http://ww2.heartandstroke.ca/splash/>

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/index-eng.php>

Vitamin D Council

<http://www.vitamindcouncil.org/>

World Health Association

<http://www.who.int/en/>

Research Articles:

Assissi, A. et. al. (2006). Fish oil and mental health; the role of n3 long chain polyunsaturated fatty acids in cognitive function and neurological disorders. *International Clinical Psychopharmacology* (21) 319-336.

Bottomly, A. and McKeown, J. (2008). Promoting nutrition for those with mental problems. Learning Zone; Continue Professional Development *Nursing Standard* (22) 48-55.

McCulloch, A. and Ryrie, I. (2006). The impact of diet on mental health. *The Mental Health Review. Proquest Nursing and Allied Health Source*. 11(4) 19-22.

Mental Health Foundation (2006). *Feeding minds: The impact of food on mental health*. London. Mental Health Foundation.

Milte, C., Sinn, N. Howe, P. (2009). Polyunsaturated fatty acid status in Attention Deficit Hyperactivity Disorder, Depression and Alzheimer's disease: Towards an omega 3 index for mental health? *Nutrition reviews* Vol. 57(10) 573-590.

Moussavi, S. et. Al. (2007). Depression, chronic diseases and decrements in health; results from the World Health surveys. *Lancet*, 370, 851-858.

Porter, J. and Evans, S. (2008). Nutrition and mental health research in Australia and New Zealand: A review of progress and directions for the future. *Nutrition and Dietetics*, 65, 6-9.

Torrey, E. *The Invisible Plague: The Rise of Mental Illness from 1750 to present*.

Williams, K. and Kemper, S. (2010). Interventions to reduce cognitive decline in aging. *Journal of Psychosocial Nursing*. Volume 48(5).

World Health Organisation. (2003). *Investing in mental health*. Geneva; World Health Association.

Zitterman, A. (2003). Vitamin deficiency in preventive medicine: are we ignoring the evidence? *British Journal of Nutrition*, 89(5) 552-5572.