

Foods to Avoid for Bipolar Disorder Patients

Jasmin Sahu*

Maharishi Arvind Institute of Engineering & Technology, Rajasthan, India.

INTRODUCTION

For individuals with bipolar disorder, the basic healthy diet includes not just what one should eat but also what should avoid. Few food items to minimize or avoid which could worsen bipolar symptoms are listed below:

Caffeine

Caffeine is a stimulating agent; it may trigger mania and should be avoided. Caffeine is considered as bipolar trigger can impair sleep, leading to sleep deprivation which can trigger the episodes of bipolar mood swings, mania and depression.

A recent research points out that that stimulant effect of caffeine may be hold responsible for triggering mania symptoms, and it may also alters the metabolism of medications used to treat bipolar disorder.

The National Sleep Foundation pointed that caffeine can elevate irritability and anxiety along with affecting sleep. So, it is recommended to avoid caffeine as you approach bedtime. In addition some medications, such as pseudoephedrine – found in cough and cold medicines – also have stimulant properties similar to caffeine and can tend to trigger bipolar mood swings.

Sugar

A diet with high content of sugar makes it harder to maintain weight, control obesity – and related belly fat. It also makes some bipolar disorder medication less effective. As per the their findings, researcher conclude that in order to satisfy ones sweet tooth, one should reach for fruit.

Salt

If an individual takes lithium as a medication for one's bipolar disorder treatment, then one need to carefully monitor his/her salt intake, as any abrupt increase or decrease in the amount of sodium ingested can affect lithium levels.

As per NAMI, those people who take lithium should avoid low-sodium diets and dehydration, as it can increase the risk of lithium toxicity. Consult with doctor about how to safely manage the salt content in diet to stay within a healthy range. Additionally while taking lithium one must make sure to drink enough fluids as dehydration can cause dangerous side effects.

Fat

Researcher suggests following the heart-healthy recommendations from the American Heart Association in order to limit the amount of saturated fat and trans fat in one's diet. Which implies one must opt for lean protein low-fat dairy products and intake eating plenty of fruits, vegetables, and healthy grains. As we have heard that the fat present in foods could alter the way one's body uses medication: Usually one's medication will still be found effective, but eating a lot of fried foods, fatty foods is not good for one's heart. And we should keep in mind that the oils which are used for frying are high in the omega-6 fatty acids one want to avoid.

Alcohol

Alcohol should be kept far away from an individual bipolar disorder. According to the National Alliance on Mental Illness (NAMI) alcohol can affect bipolar mood swings and may also interact in a negative manner with medication such as lithium. People with bipolar disorder have more chances of dying prematurely if they use alcohol or other substances, as per the research in 2015 which analyzed data on more than 11,000 people with bipolar disorder.

Corresponding to: Jasmin Sahu, Maharishi Arvind Institute of Engineering & Technology, Rajasthan, India, E-mail: Jasmin12saha@yahoo.com

Received: 02-Jun-2022, Manuscript No. JBD-22-27500; **Editor assigned:** 06-Jun-2022, PreQc No. JBD-22-27500 (PQ); **Reviewed:** 20-Jun-2022, Qc No. JBD-22-27500; **Revised:** 27-Jun-2022, Manuscript No. JBD-22-27500 (R); **Published:** 04-Jul-2022, DOI:10.35248/2472-1077.22.8.177

Citation: Sahu J (2022) Foods to Avoid for Bipolar Disorder Patients. *Bipolar Disord.* 8: 177.

Copyright: © 2022 Sahu J. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.