

Power Foods for Brain Health

Healthy food choices to support neuroprotection

DID YOU KNOW?

- Mitochondria are the powerhouses of the cells, responsible for converting the food we eat into energy. There are hundreds and thousands of them in each cell, especially in the brain.
- To function well, the brain utilizes the vitamins, minerals, amino acids, essential fatty acids and calories found in 'power foods' to function efficiently and to translate messages throughout the brain.

NUTRITION TIPS AND TRICKS

POWER UP with deep colored berries 5 times per week

- Choose fresh or frozen and add to smoothies, oatmeal, yogurt, or enjoy as a dessert with a handful of nuts.

POWER UP with a rainbow of non-starchy vegetables 3-5 + servings per day (1 serving = ½ cup cooked or 1 cup raw)

- Aim for half of your plate to be vegetables and fruits.
- Add veggies to your omelet, have a leafy green salad or cooked greens at lunch and include 2 colorful veggies for dinner. Ideally, include 1 cup of green leafy vegetables each day.

POWER UP with healthy fats 1-2 times per week

- Choose fatty fish such as salmon, herring, mackerel, and sardines.
- Avocados, nuts and seeds contain good unsaturated fats.
- Limit high amounts of saturated fats and trans fats in red meats, full-fat dairy and processed sweets such as pastries, donuts, cookies or cakes.

POWER UP with whole grains at least 3 servings per day (1 serving = ½ cup cooked grains, 1 slice whole grain bread)

- Whole grain bread, brown rice, quinoa, steel cut oats/rolled oats, farro and freekeh.
- Limit refined breads and cereal, white rice, white flour, white pasta and instant oatmeal.

POWER UP with legumes 2-4 times per week

- Add legumes to salads, soups and stews.
- These nutrition powerhouses contain both insoluble and soluble fiber to aid in bowel regulation.
- Resistant starch: to create resistant starch, cook, cool and reheat potatoes, rice and legumes to promote gut health.

POWER UP with seeds and nuts, at least a handful 5 times per week

- Purchase raw nuts and roast them in your oven or toaster oven at 350 degrees for 3-5 minutes, shaking the pan to ensure they roast evenly. Do not walk away from the oven. Once you smell the nuts, they are done roasting.
- Avoid nuts roasted in oil as they contain pro-inflammatory Omega 6 fats.



POWER UP with cacao

- Options include cacao nibs, cacao powder in hot drinks or smoothies and dark chocolate.
- Good rule of thumb is to go for chocolate that is 85% cocoa or more.

