

BRAIN FOODS



Our brain only makes up 2% of our total body weight...



...consumes more than 20% of our caloric intake

but...



Our brain demands a constant supply of glucose (from carbs)

CARBOHYDRATES (FUEL)

← fruits — vegetables — grains

60%

FAT

Our brains are made up of 60% fat. You do have to choose good, healthy fats though that contain the essential omega 3 and omega 6 fatty acids that we require for health, along with nonessential fatty acids that are beneficial, such as EPA and DHA.

Focus on adding good plant-based foods that augment brain function, mood, and memory

Avocado



Avocados are a source of monounsaturated fats, omega 3, and omega 6 fatty acids. These increase blood flow to the brain, lower cholesterol, and aid in the absorption of antioxidants. Avocados also come with many antioxidants of their own, including vitamin E, which protect the body and the brain from free radical damage. They are also a good source of potassium and vitamin K—both protect the brain from the risk of stroke.

Beans & Legumes



Beans and legumes are excellent sources of complex carbohydrates. These complex carbohydrates are also mixed with fiber that slows absorption, giving us a steady supply of glucose for the brain without the risks of sugar spikes associated with many other sugar sources. Beans and legumes are also rich in folate—a B vitamin critical to brain function—and essential omega fatty acids.

Blueberries



These berries are antioxidant powerhouses, protecting the brain from oxidative damage and stress that lead to premature aging, Alzheimer's, and dementia. The flavonoids in blueberries also improve the communication between neurons, improving memory, learning, and all cognitive function, including reasoning, decision making, verbal comprehension, and numerical ability. Other dark berries are good for the brain too, like blackberry, açai, and goji berries.

Broccoli



Broccoli is a superfood for the whole body. It is rich in calcium, vitamin C, B vitamins, beta-carotene, iron, fiber, and vitamin K. These nutrients protect against free radicals, keep blood flowing well, and remove heavy metals that can damage the brain.

Chia



Chia seeds are rich in omega 3 fatty acids and both soluble and insoluble fiber. These powerful little seeds help control blood glucose levels, are anti-inflammatory, aid in hydration, and also contain many antioxidants.

Dark Chocolate



The flavanols in chocolate improve blood vessel function, which in turn improves cognitive function and memory. Chocolate also improves mood, can ease pain, and is full of antioxidants.

Nuts



Nuts, especially walnuts and almonds, are extremely good for the brain and nervous system. They are great sources of omega 3 and omega 6 fatty acids, vitamin B6, and vitamin E. Vitamin E has been shown to prevent many forms of dementia by protecting the brain from free radicals, and it improves brain power.

Quinoa



Like beans, legumes, and whole grains, quinoa is an excellent source of complex carbohydrates and fiber to balance blood sugar while providing the essential glucose the brain craves. Quinoa is also a good source for iron to keep the blood oxygenated and B vitamins to balance mood and protect blood vessels. Quinoa is also gluten free for those with sensitivities to this protein.

Red Cabbage



Red cabbage is full of polyphenols, a powerful antioxidant that benefits the brain and heart. Red cabbage also has glucosinolates, compounds that fight cancer.

Rosemary



Rosemary has been shown to improve memory and cognitive function with its scent alone. It improves blood flow to the brain, improves mood, and acts as an antioxidant. Rosemary is also a powerful detoxifier, fights cancer, boosts energy, and combats aging of the skin.

Spinach



Spinach can prevent or delay dementia. The nutrients in spinach prevent damage to DNA, cancer cell growth, and tumor growth, but also slow the effects of aging on the brain. Spinach is also a good source of folate and vitamin E.

Sunflower Seeds



Sunflower seeds and other seeds, like pumpkin, contain a rich mix of protein, omega fatty acids, and B vitamins. These seeds also contain tryptophan, which the brain converts into serotonin to boost mood and combat depression.

Tomatoes



Tomatoes contain lycopene, a very powerful antioxidant that combats dementia and may improve mood balance too.

Whole Grains



Whole grains are rich in complex carbohydrates, fiber, and some omega 3 fatty acids that shield the heart and brain from damaging sugar spikes, cholesterol, blood clots, and more. Grains also contain B vitamins that have an effect on blood flow to the brain and mood.

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