



Building a Better Brain – One Bite at a Time!

Nutrition has a powerful effect on the structure, function, metabolism, and genetics of the brain. That means that positive dietary choices impact mood, memory, learning, and stress-sensitivity, as well as overall physical function.

Good nutrition is the foundation of a brain-building lifestyle that includes daily exercise, refreshing sleep and planned periods of relaxation, strong social ties, stress management, internal positive attitudes, and a spiritual connection with God.

Build your brain in three easy steps

1. Enjoy Fabulous Fiber Foods

Eating a wide variety of plant foods, rich in dietary fiber:

- Provides optimal, slow-release brain fuel
- Supplies vitamins, minerals, antioxidants, and phytochemicals
- Balances appetite – reduces sugar and other food cravings
- Delays gastric emptying and lowers cholesterol by binding bile acids
- Improves insulin and blood sugar control
- Shields against mental and physical stress
- Helps you reach and maintain healthful weight

Choose 30-50 grams of fiber per day

Sources: whole grains, beans, legumes, fruits, vegetables

2. Choose Healthful Fats

F-A-T is not spelled B-A-D! Healthy fats:

- Are essential components of cell membranes
- Provide a protective sheath for nerves and muscles
- Help cells become more flexible, permeable, resilient
- Balance hormone action, synthesis and metabolism
- Reduce free-radical damage to body and brain
- Improve brain health by improving cognitive function; they also have a calming effect and aid in depression
- Supply powerful antioxidants and flavonoids to fight cell damage, inflammation, and cancer cell proliferation
- Provide energy, insulation and heat conservation
- Transport important fat-soluble vitamins and health-boosting plant phytochemicals

Choose 30-70 grams per day

Sources: nuts, seeds, olives, avocados, olive oil, canola oil, soy oil. Omega-3-fats are found in flax seed, walnuts, soy

3. Make water your beverage of choice

Enjoying plenty of fresh water throughout the day:

- Improves brain function by increasing circulation
- Increases the brain's access to oxygen and nutrients
- Helps to control appetite and regulate digestion
- Increases physical stamina and mental alertness without caffeine
- Displaces caffeinated, sugary, or alcohol drinks
- Optimizes kidney and bladder function

Choose at least 8-10 cups of water each day.

Optimal to drink on arising and between meals.

Better Brain, Better Habits, Better Life!