EAT WELL, AGE WELL.

Brain Foods

Eating a nutritious and balanced diet ensures the health of your brain! Your diet should include:

- ☐ Natural vitamins and antioxidants
- ☐ Low in saturated fats
- ☐ Rich in Omega-3 fats
- ☐ Low in refined sugar
- ☐ Rich in high quality proteins

Weekly Challenge:

Try and eat a meal that specializes in each of these categories. Keep track of your diet this week and try to check off all these components.

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Brain Foods
Beans

The brain is unable to store glucose on its own, therefore it is dependent on a steady intake of energy. Beans are high in fiber, protein, antioxidants and have low glycemic index carbohydrates, which makes it perfect energy for the brain! They also contain B vitamins and essential amino acids.
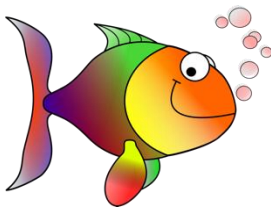

Photos courtesy of Pixabay.com

Weekly Challenge:
Find an old recipe and add beans as one of the ingredients.

Add beans to almost anything!
- ❖ **Tacos**
- ❖ **Spaghetti**
- ❖ **Salads**
- ❖ **Hot Dish**
- ❖ **Soups**
- ❖ **Baked Goods**
- ❖ **Wraps/Burritos**
- ❖ **And more!**

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Brain Foods
The Right Fats

In a study of 3,600 people over the age of 65, the participants who consumed **Omega-3** rich fish three times a week had significantly better brain health. The fish eaters had a 25% decrease in brain infarcts, which are localized areas of dead brain tissue that are associated with dementia.

- Eating healthy fats improves neurological and mental health.
- It also decreases inflammation in the body, which aids in mood and depression.

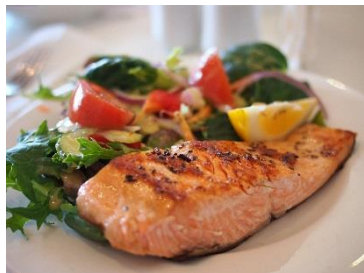*Photo courtesy of Pixabay.com*

Weekly Challenge:
Include some Omega-3 nutrients in your diet! Try a new recipe that contains fish.

Eat Well, Age Well. Brain Foods
Freshly Brewed Tea

> Did you know that aside from water, tea is the most consumed beverage in the world!

- ◆ 2-3 cups a day (hot or iced) contains a small amount of caffeine which boosts brain power and enhances memory, focus, and mood.
- ◆ Has potent antioxidants that promote healthy blood flow.
- ◆ Bottled or powdered teas DON'T have the same affect.
- ◆ MUST be freshly brewed.

Weekly Challenge:
Drink a cup of tea 3 times this week. Getting in the habit of drinking tea can benefit your health!