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.
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.

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

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Brain Foods
Beans

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

Photos courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students. Issue 1: 1-1-17 by Nicki Lehtinen
Eat Well, Age Well.

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.**

*Weekly Challenge:*

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

Photo courtesy of Pixabay.com

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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!