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Brain Foods: Limiting Sugar

Sugar, along with trans fats and white flour, can cause inflammation in the body. While our brains do depend on glucose for fuel, it is important to limit your daily intake of “added sugar”. Our brains view sugar as a reward, so breaking sugar habits can be challenging, but it can be done! Try to cut back on sugar in simple ways. Try eating more vegetables and fruits instead of processed and sugar filled foods. By cutting back a little bit every week, your goals will be easy to achieve!



Weekly Challenge:

Try to cut out one sugar filled item this week and replace with fruit or veggies!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Parsons

Brain Boosting Supplements:

Basil



Basil can be added to many different dishes. Not only is it a great herb that you can grow at home but it is also an antioxidant. This healthful herb is said to improve blood flow and it has anti-inflammatory properties. Therefore, it is beneficial when it comes to heart health. And anything that is good for the heart is good for the brain!

Weekly Challenge:

Try a recipe with basil this week.

For example, homemade pesto, bruschetta or caprese.



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Brain Boosting Supplements: **MIND Diet**

Follow the MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) studies show that it can significantly reduce the risk for developing Alzheimer's disease.

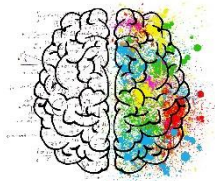
The diet includes: Green leafy vegetables-every day, Other vegetables-at least once a day, Nuts-every day, Berries-at least twice a week, Beans-every other day, Whole grains-3 times per day, Fish-at least twice a week, Poultry-at least twice a week, Olive Oil and Wine-1 glass per day.

The diet limits: Red Meats, Butter and Stick Margarine-less than 1 Tbsp. per day, Cheese-less than 1 serving per week of whole fat cheese, Pastries and sweets-limit to 1 serving a week and Fried or fast food-less than one serving per week.

Weekly Challenge:

Follow the MIND Diet this week and see how you like it.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Dana Lemke



Brain Foods: Beans/Legumes

Our brains require glucose to properly function. Since it cannot store glucose, it relies on energy found in our food. Beans provide this energy, while being high in fiber, protein, and antioxidants. They also have a low impact on increasing blood sugar levels after eating. In addition, they provide vitamin B and essential amino acids. Beans can be incorporated into your diet in a variety of ways. You can add them to salads, soups, tacos and more.



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Weekly Challenge:

Try to incorporate beans into your diet once this week. Be creative with your recipes!

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Emily Parsons



Brain Boosting Foods: Whole Grains

Whole grains are important because they can help reduce the risk of heart disease. Heart disease can impair blood flow to the brain. This could increase a person's chance of developing dementia and Alzheimer's disease.

Whole grains contain the bran, germ and endosperm of the grain. The germ is a good source of folate which can help prevent poor cognition and depression. For a list <https://wholegrainscouncil.org/whole-grains-101/whole-grains-z>

Helpful Tip:

Choose products that list a wholegrain as the 1st ingredient.

Weekly Challenge:

Have 3 servings of whole grains every day this week!