



BRAIN-HEALTHY FOODS: FUEL YOUR MIND THE NOURISH WAY

Practical nutrition tips for better focus, energy, and long-term brain health

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FOOD AND MOOD CHECK-IN

- Think about a recent meal or snack
- Reflect on:
 - How it made you feel afterward- energized, sleepy, clear-headed, or foggy?
 - What do you think caused that feeling?
- Small changes, such as adding protein, reducing added sugar, and staying hydrated could make the difference next time.
- During the presentation, I will explain several ways that food affects our mood.



WHY BRAIN HEALTH MATTERS

Memory

- Omega-3s (fatty fish, walnuts) support brain cell structure.
- Antioxidants (berries, leafy greens, dark chocolate) protect neurons.
- B vitamins (whole grains, legumes, eggs) help make memory-related neurotransmitters.

Mood

- Complex carbs (whole grains, legumes (beans & lentils) stabilize energy and mood.
- Tryptophan-rich foods (eggs, soy, nuts, turkey) boost serotonin. Make you happy!
- Healthy fats (avocado, olive oil, fatty fish) support brain cell membranes and hormones.

Cognition & Focus

- Stay hydrated (water, broth-based soups) for alertness.
- Polyphenols & flavonoids (green tea, berries, dark chocolate) improve blood flow to the brain.
- Minerals (iron, zinc, magnesium from beans, leafy greens, nuts) support neurotransmitter function and thinking speed.

“What’s good for the heart is likely good for the brain.”

Hippocrates

WHAT IS THE MIND DIET?

- Stands for **Mediterranean-DASH Intervention for Neurodegenerative Delay**
- Designed to support **brain health** and reduce the risk of **Alzheimer's disease and cognitive decline**

Core Principles

- Focuses on **plant-based, whole foods and healthy fats**
 - Limits **saturated fat, processed foods, and added sugars**
 - Encourages **nutrient-dense foods** that protect the brain
-

10 Brain-Healthy Food Groups

- **Green leafy vegetables** – at least 6 servings per week
- **Other vegetables** – at least 1 serving per day
- **Nuts** – 5 servings per week
- **Berries** – at least 2 servings per week (especially blueberries and strawberries)
- **Beans/legumes** – at least 3 servings per week
- **Whole grains** – 3 servings per day
- **Fish** – at least once per week
- **Poultry** – at least twice per week
- **Olive oil** – main cooking oil
- **Wine (optional)** – 1 glass per day (optional and not recommended for everyone)

5 Foods to Limit

- Red meat
- Butter and stick margarine
- Full- Fat Cheese
- Pastries and sweets
- Fried or fast food

Health Benefits:

- Linked to slower cognitive decline and lower Alzheimer's risk
- Supports heart and vascular health (which also benefits the brain)
- Encourages balanced blood sugar and lower inflammation

Take a **NOURISH** Step

Taking small steps can help strengthen your nutrition foundation.

It can help you stay strong, have more energy, elevate your mood, think clearer, prevent or control illness, heal quicker, have less pain, and more!

Nutrient Rich Foods

Focus on color & variety!

Omega-3s & Healthy Fats

For heart, body, & mind!

Understand

How food fuels & affects us.

Recipes & Meal Ideas

Simple and practical.

Increase Protein & Fiber

For muscle health, gut health, and blood sugar control.

Sugar & **S**odium Awareness

Understand their impacts and alternatives for each.

Hydrate

To look, think, & feel great!



*If you want more pep, take a **NOURISH** Step!*

Visit www.gwaar.org/nourishstep to learn more.

*A lifestyle & mindset,
not a “diet”.*

To learn more visit

www.gwaar.org/nourishstep

Nutrient Rich Foods

Focus on color & variety!

- Are foods as close to their original form as possible. **Focus on Color and Variety!**
- Naturally brimming with vitamins, minerals, fiber, essential fats, protein and antioxidant rich phytochemicals that protect our bodies & brains from disease and aging.
- *Each color feeds your brain differently.*

EAT YOUR FRUITS AND VEGGIES!

- Plants produce phytochemicals to protect themselves against environmental elements such as the sun and plant-eating parasites.
- They help the plant survive and thrive and they can do the same for us!



POWER OF PHYTOCHEMICALS

- Antioxidants neutralize toxic agents in our bodies called **“Free radicals”** that attack and damage critical areas of our cells and lead to disease and aging!

- Free radicals are unstable molecules missing an electron—like a puzzle piece missing its mate—it grabs pieces from nearby puzzles, messing up the picture.
- Antioxidants give it a proper piece so it stops causing chaos.



Image by A. Ideler from Pixabay



CARBOHYDRATES

Your body and brain need carbs

Carbs are the brains number one fuel of choice.

Image by Bernadette Wurzinger from Pixabay

CARBOHYDRATE RICH FOODS

- Stimulate the release of a brain chemical called **serotonin** that regulates appetite, mood and sleep. **90% of your serotonin is made in your gut, not your brain.**
- We crave carbs when we are feeling blue because we want the “feel good” serotonin.

FUNCTIONS OF SEROTONIN

- If you Have Optimal Levels

- Hopeful/Optimistic
- Reflective
- Can concentrate
- Creative
- Responsive
- Hungry for healthy foods
- If you level is high then you can enjoy desserts but you won't crave them.

- If you have Low Levels

- Depressed
- Impulsive
- Short attention span
- Fly off the handle
- Crave Sweets and Carbohydrates

WAYS TO INCREASE SEROTONIN

- Eat Whole Grains and Nutrient Rich Foods
 - Laugh
 - Exercise
 - Chew Gum or do repetitive movement (knitting, tapping foot, etc)
 - Get enough sleep
 - Reduce stress
 - Decrease caffeine
-

Whole Grain Ideas for Every Meal

Breakfast	Lunch	Snacks	Dinner
Oatmeal with fresh berries or cinnamon	Whole grain toast with smoked salmon, yogurt, and red onion	Whole grain cereal with yogurt (<i>look for low-sugar options</i>)	Whole grain pasta with a sauce and a side salad
Whole grain toast with a hard-boiled egg and fruit	Stuffed whole grain pita with hummus and veggies	Whole grain granola bar or oat bar	Black beans served with brown rice or barley and veggies
Whole grain corn grits with eggs	Whole grain veggie burger on a whole grain bun	Whole grain graham crackers	Baked fish and veggies, served with farro or brown rice

Look for the Stamp

The Whole Grain Stamp is a packaging label that helps shoppers identify products that contain significant amounts of whole grain.

The different gram amount on each Stamp tells you how many grams of whole grain are in **one serving of the product**.



AN APPLE A DAY...



- A 2005 animal study found that eating apple products may help protect against cellular damage attributed to memory loss.



BLUEBERRIES

- Help protect from short term memory loss because of the large amounts of protective antioxidants in the skin.
- Highest ORAC Score (measure of antioxidants power). Protects against oxidation and inflammation.
- Toss some in a salad, muffin or breads, on pancakes, on cereal, eat as a snack, try them frozen...but be sure they don't have added sugar!

DARK CHOCOLATE

- Contains powerful antioxidants, Flavanoids, that enhance blood flow in the brain.
- Has a small amount of sugar and caffeine that enhance concentration.
- Triggers “feel good...think good” endorphins!
- ½ to 1 oz per day of 70% or higher Dark Chocolate



Image by StockSnap from Pixabay

ROASTED VEGGIES ARE HEALTHY AND TASTY!

- Virtually all veggies can be roasted
- Simply place your veggies on a cookie sheet lined with parchment paper and mist them lightly with canola or olive or pan sprays or toss them in a little olive oil.
- Season them to your preference- try garlic pepper.
- Roast at 375 to 400 degrees for 15 to 25 minutes or until they have a golden covering and texture that suits you.
- Drizzle with a little balsamic vinegar glaze and enjoy!
- Cauliflower, winter squash, pumpkin, sweet potatoes, Brussels sprouts, carrots and asparagus are all excellent!

<https://lorifernandez.com/recipes/celebrate-fall-salad/>



PUMPKIN



Pumpkin Purée Swap for Fat in Recipe.

- Replace half to all of the fat with 100% pure pumpkin purée in baked goods like muffins, quick breads, brownies, and pancakes. Adds natural sweetness, moisture, fiber, and vitamin A.

Ways to Use Leftover Pumpkin Puree

- **Baking:** Add to muffins, quick breads, pancakes, or brownies for extra moisture and natural sweetness.
- **Smoothies:** Blend with banana, yogurt, and warm spices for a fall-inspired drink.
- **Soups:** Stir into creamy soups or chili for added richness and nutrition.
- **Oatmeal:** Mix into morning oats with cinnamon, nutmeg, and a drizzle of maple syrup.
- **Sauces & Dips:** Make a pumpkin pasta sauce or a spiced pumpkin dip for crackers and fruit.
- **Frozen Treats:** Combine with yogurt, spices, and a little sweetener for a pumpkin frozen yogurt.

Image by Rosy / Bad Homburg / Germany from Pixabay

PUMPKIN SEEDS



- Help increase the amount of zinc in your diet that is essential in protecting your brain from the forgetfulness associated with aging.
- Other Sources of Zinc: Oysters, Wheat germ, Sesame seeds, dark chocolate/cocoa powder, peanuts, lamb and low-fat roast beef

SWEET POTATOES



- Sweet potatoes are good for the brain due to their antioxidant content, which protects against damage and inflammation, and their B vitamins, which support brain function.
- They also provide a steady supply of glucose for brain cells and contain magnesium, which is important for nervous system health.
- Try purple-fleshed sweet potatoes showed significant improvement in cognitive function.

TOMATOES

Lycopene helps combat free radicals (unstable atoms or molecules) that cause your brain to age.

Heating tomatoes is better than eating them raw because cooking breaks down the thick cell walls, making the antioxidant lycopene much more available for the body to absorb.



Omega-3s & Healthy Fats

- Diets deficient in Omega-3s have been linked to: depression, Alzheimer's, arthritis, heart attack.
- Portion control is key!
 - Why? Fats contain 9 calories per gram vs 4 calories per gram for Carbs and Protein.



FATTY FISH (BEST SOURCES OF EPA & DHA)

These are the most potent and easily absorbed forms of omega-3s:

- Salmon
- Mackerel
- Sardines
- Trout
- Herring
- Anchovies
- Tuna (especially albacore, in moderation due to mercury)

Tip: Aim for 2–3 servings (3–4 oz each) of fatty fish per week.

PLANT-BASED SOURCES (ALPHA LINOLEIC ACID (ALA) FORM OF OMEGA-3S)

Your body can convert ALA to DHA and EPA (though less efficiently), so these are great additions:

- Flaxseeds and flaxseed oil
- Chia seeds
- Walnuts
- Hemp seeds
- Soybeans and soy products (tofu, edamame)
- Canola oil
- Brussels sprouts

Tip: Add ground flax or chia to yogurt, oatmeal, or smoothies.

Flax Egg

- 1 tablespoon ground flaxseed meal
- 2.5–3 tablespoons water (warm or room temperature water is ideal)

Instructions

Stir the mixture thoroughly with a fork. Let the mixture rest at room temperature for 5 to 15 minutes. It will thicken and become gelatinous. Once thickened, use the flax egg immediately as a binder in your recipe.

Fortified and Specialty Foods

Some everyday foods are now enriched with omega-3s:

- Omega-3-enriched eggs
- Fortified milk, yogurt, or plant milks
- Fortified orange juice
- Fortified margarine or spreads

AVOCADOS...

- Add to salads or mash and use on sandwich instead of mayo or make avocado toast! Add a little lemon juice, garlic powder, & pepper.

Methods for preventing browning

- **Citrus Juice:** Brush or sprinkle lemon or lime juice on the exposed flesh.
- **Olive Oil:** Brush a thin, even layer of olive oil over the cut surface.
- **Plastic Wrap:** Press plastic wrap directly against the cut surface

High in calories so limit to $\frac{1}{4}$ to $\frac{1}{2}$ of an avocado per day.

QUICK & HEALTHY MEAL IDEA



Understand

How food fuels & affects us.

- Strong link between gut health and mood. (Gut-Brain Connection)

Gut Health is vital for Brain Health!

Prebiotics

Contain types of fiber that reach the colon intact where they ferment and feed good bacteria.

- Artichokes
- Asparagus
- Banana
- Brussels sprouts, Broccoli
- Cabbage, Celery
- Chickpeas (garbanzo beans)
- Garlic/Leeks/Onions
- Honey
- Nuts
- Oats, Barley
- Pistachios
- Raspberries

Probiotics

Grow good gut bacteria.

- **Live active cultures** like yogurt
- **Kefir** (fermented milk drink)
- **Cultured buttermilk**
- **Refrigerated sauerkraut**
- **Kombucha** (fermented, lightly effervescent sweetened black or green tea drinks)
- **Miso** (paste made from fermented soybeans and barley or rice malt, used in Japanese cooking)
- **Tempeh** (soy product)
- Learn more about foods that promote gut health, recipes, and more at https://www.adrcconnections.org/programs-and-services/nutrition_1

NOT ALL YOGURT AND KEFIR CONTAINS LIVE & ACTIVE CULTURES

Look for the label "live and active cultures" or "probiotics" on the label.

- Add Chia, Flax, and/or hemp hearts to Add Omega 3's, Increase Fiber and Protein!
- **Chia Seeds:** 6 grams of protein and 10 grams of fiber in 2 TBSP!
- **Flax Seeds:** 6 grams of protein and 8 grams of fiber in 3 TBSP!
- **Hemp Hearts:** have 10 grams of protein, 1 gram of fiber and 12 grams of Omega 3 & 6. Provides 45% of daily intake for Magnesium

RECIPES & SIMPLE MEAL IDEAS

Quick, Easy, and Affordable (See handout)

Veggies for Breakfast!?



Add salsa, beans, or leftover veggies to eggs, hash browns, or egg bake.



Add Spinach & Feta Cheese to scrambled eggs.



Put fresh spinach & tomato on your egg sandwich.



Vegetable juice (look for low-sodium versions).



Make a fruit and veggie smoothie.

Veggie Omelet in a Mug



Prep time: 10 minutes

Cook time: 3 minutes

Nutrition Facts: [View label](#)

Ingredients

- 2 eggs
- 2 Tablespoons low-fat or nonfat milk
- 1 dash salt
- 1 dash black pepper
- ¼ cup finely chopped vegetables (any type)
- 2 Tablespoons grated cheese (any type)

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Lightly grease the inside of a 12-ounce microwave-safe mug.
4. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
5. Microwave on HIGH for 45 seconds. Stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

Notes

- To make a meal, serve with a slice of whole grain toast and fruit.
- Try adding cilantro on top for more flavor.

Visit <https://foodhero.org/older-adults> for fact sheets, Recipes for 1 or 2, and more!

Lunch & Dinner Ideas

- Add mixed vegetables or canned beans to soup.
- Add apples, grapes, or raisins to chicken salad
- Add layers of fresh spinach or eggplant to lasagna
- Shred carrots and other veggies into casseroles, meatloaf, salads, etc.



TURMERIC (*CURCUMA LONGA*)

- Member of the ginger family
- Also known as Indian Saffron
- Use for making curry and yellow mustard
- Contains iron, manganese, potassium, vitamin B6 and vitamin C
- Curcumin is a phytochemical found in turmeric that has strong antioxidant and anti-inflammatory properties.



ROASTED TURMERIC CAULIFLOWER WITH MAPLE LIME GLAZE

Ingredients

- 6 cups Cauliflower florets - raw
- 1 tbsp Olive Oil
- 1 tbsp Turmeric
- ½ cup Maple Syrup
- 3 tbsp Lime Juice
- Salt & Pepper to taste
- Green Onions - sliced for garnish

Directions:

- Preheat the oven to 400 degrees. Toss cauliflower florets in a bowl with olive oil, sprinkling the turmeric on top. Roast on a sheet tray for 30 - 40 minutes.
- Glaze: Mix maple syrup with lime juice in a small bowl.
- Place roasted cauliflower in a medium bowl and pour glaze over the cauliflower. Add salt and pepper to taste.
- Garnish with green onions and serve.

<https://lorifernandez.com/recipes/roasted-turmeric-cauliflower-with-maple-lime-glaze/>

SOME OF MY FAVORITE RECIPE WEBSITES

- <https://foodhero.org/healthy-recipes>
- <https://cannedbeans.org/recipes>
- <https://lorifernandez.com/recipes/>
- <https://diabetesfoodhub.org/>
- <https://www.myplate.gov/myplate-kitchen>

***“Protein
throughout the day,
helps muscles stay
& keeps brain fog
away!”***

- **Difficulty chewing?** Try grinding your meat and eating soft, high protein foods such as Greek yogurt, fish, eggs, cottage cheese, beans, and lentils.
- **Small appetite?** Eat protein foods first. Sneak protein into foods soup as soup, gravies, smoothies, sauces, hot dishes, and cereals.

Increase Protein & Fiber
For muscle health, gut health, and blood sugar control.



Image from Pixabay.com

**ROUGHLY 50% OF WOMEN AND 30% OF
MEN OLDER THAN 71 FALL SHORT OF THE
RDA FOR PROTEIN IN THEIR DIETS,
ACCORDING TO THE USDA'S DIETARY
GUIDELINES FOR AMERICANS, 2020-2025**

BOOST YOUR ALERTNESS WITH PROTEIN

- Protein foods are broken down into their amino acid building blocks during digestion. One amino acid, called tyrosine, will increase the production of dopamine, norepinephrine and epinephrine.
- These neurotransmitters are known for their ability to increase levels of alertness and energy. Eating foods high in protein will give you a slight mental boost.

Protein:
Adequate
intake and
digestion is
critical for
older adults.

- Can prevent or limit loss of bone & muscle mass and help decrease risk of falls.
- Keep immune system healthy.
- Help prevent cognitive decline.
- Fight off infections or illness
- Aid in healing & recovery

How much do you need?

- In general aim for **25-30 grams at each meal throughout the day.**
- If you have kidney disease and are not on dialysis, protein intake may be limited, follow your healthcare provider's recommendation.

Increase Fiber

**35 grams per day is
recommended!**

Fiber helps keep your gut
healthy, bowels moving, blood
sugar stable and helps prevent
cancer.

Fruits, veggies, beans, whole
grains are all good sources of
fiber.



The Fiber and Brain Connection

- Studies show a **high-fiber diet is associated with a lower risk of dementia and improved cognitive function.**
- **Supports the gut-brain axis:** Fiber is fermented by gut bacteria improve the integrity of the gut and blood-brain barriers.
- **Reduces neuroinflammation:** A high-fiber diet has been shown in animal studies to reduce neuroinflammation in the brain, which is a factor in cognitive decline and neurodegenerative diseases.
- **Improves cognitive function:** Research links higher fiber intake to better mental performance and a lower risk of dementia and cognitive decline.
- **Boosts mood and memory:** Fiber can increase serotonin production.

Chia Seeds

Per Tablespoon:

- 4 grams of dietary fiber
- 3 grams of Protein
- Omega 3 Fatty Acids
- 80 Calories
- No sodium, sugar or cholesterol
- Can help control appetite



Image by [Анастасия Белоусова](#) from [Pixabay](#)

Beans = Protein + Fiber & high in Potassium!

Add to almost anything:

- Tacos
- Spaghetti
- Salads
- Hot Dish
- Soups
- Baked Goods
- Scrambled Eggs
- Toast

Recipe Resources:

- <https://cannedbeans.org/>
- <https://beaninstitute.com/recipes/>



Photo courtesy of Canned Beans.org

SUGAR AND SODIUM AWARENESS

- **Excess sugar and sodium impact brain health**
 - Inflammation, fatigue, brain fog
- **Read labels**
- **Smart Swaps:**
 - Flavored water
 - Herbs and spices instead of salt
 - Fruit instead of high sugar or processed dessert

Sugar Awareness!

- **2000 calorie diet, *no more than 30 grams of sugar a day of added sugar*** or 7 ½ tsp.
- **1500 calorie diet, *no more than 24 grams of added sugar***.
- **Read labels.** If sugar is listed in the first 3 ingredients better to skip that food.
- **Desweeten Recipes:** when baking cut the sugar by 1/3rd to a half and you won't even notice.
- **Don't bring trigger foods into the house.**



Image from Pixabay.com

Old and New Food Label

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Calories 230 Calories from Fat 72

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A	10%
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Vitamin C 8%

8 servings per container

Serving size **2/3 cup (55g)**

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g	5%
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Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g	14%
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Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 30

Cut the Sugar, Keep the Flavor!

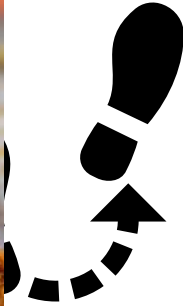
*Grilling or roasting
brings out the
sweetness in
fruits.*

Add them to
desserts or enjoy
them all by
themselves. Think
baked apples,
poached pears,
grilled pineapple,
etc.

*You detect
80% of flavor
through your
nose.*

So trick your brain
by cutting a quarter
of the sugar in non-
baking recipes and
replacing it with
sweet-smelling
spices like
cinnamon, nutmeg,
and vanilla.

Let's Practice Taking a NOURISH Step.



Pumpkin Pie

- **Step 1:** Don't eat the crust of the pie
- **Step 2:** Cut down on the amount of sugar in the recipe by 1/3rd
- **Step 3:** Greek yogurt with pumpkin puree and pumpkin pie spice and add pepitas or crushed nuts.





Image by Doris Jungo from Pixabay

“Hydrate to Think Straight.”

- **The brain is 85% water but cannot store water, critical to drink water throughout the day.** Water gives the brain the electrical energy to function properly & helps nutrients be absorbed.
- **Dehydration** causes brain fog, fatigue, depression, anger, constipation, and stress.
- **Challenge: Drink water throughout the day for 2 days in a row and see how much better you feel.**

Sip throughout the day, don't wait until you are thirsty!

Studies have shown that if you are **only 1%** dehydrated, you will likely have a **5% percent decrease in cognitive function.**

If your **brain drops 2% in body water,** you may suffer from fuzzy short-term memory, experience problems with focusing, and have trouble with math computations.

Further studies have shown that **prolonged dehydration causes brain cells to shrink in size and mass.** This is most common in the elderly, many of whom tend to be chronically dehydrated for years.

HYDRATION TIP: APPLE WATER OR TEA

Apple-Infused Water:

- Slice fresh apples and add them to a pitcher of water. Let it sit in the fridge for a few hours for a naturally sweet, refreshing drink. You can also add cinnamon sticks for extra flavor.

Apple Tea:

- You can brew apple-flavored tea using dried apple pieces, apple tea bags, or by simmering fresh apple slices with cinnamon and a bit of honey. It's warm, cozy, and perfect for fall.

COFFEE....COFFEE IS GOOD FOR ME!



- A study done on elderly men showed that those who drank 3 cups of coffee per day had less memory loss than those who did not.
- Another study found that decaf coffee drinker had a decline in memory performance as the day wore on but this was not the case with caffeinated coffee drinkers.

GOING GRAPE!

- Concord grape juice significantly improved laboratory animals' short term memory in a water maze test, as well as coordination, balance and strength.



GREEN TEA



- Freshly brewed tea (2-3 cups a day) contains modest doses of caffeine that enhances focus, memory, mood and concentration
- Contains potent antioxidants
- Positive effects on blood flow to the brain

RED WINE

- Because it is fermented with the grapes and their skins, red wine is exceptionally high in powerful antioxidants called polyphenols.



Image by Aline Ponce from Pixabay

Remember... The MIND Diet

- *Berries, Beans, and Leafy Greens*
- *Fish, Poultry, Nuts & Seeds*
- *Olive Oil, Whole Grains, Fruits & Veggies*
- *Limit Red Meat, Processed Foods, & Added Sugar*

- *Aim for 25-30 Grams of protein at each meal!*

- *Hydrate throughout the day to think straight!*
- *Take a NOURISH Step to **Increase Omega 3s, Increase Fiber, and reduce the amount of added sugar and sodium in recipes.***
- *Pay attention to how food makes you feel. **Feed your brain well, it's the only one you've got!***

RESOURCES

- ***Eat Your Way to Happiness*** by Elizabeth Somer http://www.amazon.com/Eat-Your-Happiness-Elizabeth-Somer/dp/0373892071/ref=sr_1_1?ie=UTF8&qid=1305161278&sr=8-1
- ***Dr. Ann's Eat Right for Life*** by Ann G. Kulze, MD www.drannwellness.com
- ***101 Optimal Life Foods and 101 Foods that Could Save Your Life*** by David Grotto, RD, LDN
- ***Intuitive Eating A Revolutionary Program that Works*** by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD, FADA
- ***Press Pause Before You Eat*** by Dr. Linda Mintle http://www.amazon.com/Press-Pause-Before-You-Eat/dp/B0045JL8MQ/ref=sr_1_1?ie=UTF8&s=books&qid=1305161334&sr=1-1
- ***Life is Hard, Food is Easy and 100 Days of Weight Loss*** by Linda Spangle, RN, MA Visit her website at www.foodiseasy.com to order one or both of her books.