

Healthy Eating for Your Brain

Overview

- Caring for your brain health is critical for everything you do.
- Mediterranean Diet provides core nutrition.
- Lean meats and cheese, fish, poultry
- Whole grains have good sugars and fiber
- Coffee, dark chocolate, and small doses of wine can add fun.
- Fruits and nuts for snack.

The Brain uses 30% of Your Calories

- Everything your body does depends on a healthy brain.
- Your thinking is better if you eat healthy.
- A poor diet affects your brain.

The Mediterranean Diet

- The **Mediterranean Diet** is good for your brain
- Low-fat meats and cheese, fish, and beans
- Vegetables, fruits, olive oil, and nuts
- Whole grain breads, pasta, and cereal
- Reduce salt – use spices for flavor
- *Minimize processed foods and sugar*

Protein: Eat lean

- Lean meats, poultry, cheese, and fish
- Beans, peas, and other legumes
- Eggs are fine
- *Minimize red meat*

Weight matters

- Portion control - Eating less is good
- Lower body weight for brain health
- Decreases blood pressure, diabetes

Whole grains

- Eat whole grains and brown rice
- Fiber is important
- *Minimize white bread*

Snacks: Fruits and nuts, NOT sugar

- Natural snacks have slow-release sugars
- Nuts have healthy fats and sugars
- Fruits have the right dose of sweetness
- *Minimize candy, snack bars, sweet drinks.*
- *Avoid sugared drinks*

Anti-oxidants

- Protect brain cells with anti-oxidants
- Berries, fruits, avocado, nuts, fish

Wine, Chocolate, and Coffee

- In small doses, wine and other alcoholic drinks can help your brain health
- Dark chocolate has anti-oxidants
- Coffee is good for your brain
- *Energy drinks can be harmful*

Brain Health Habits

- ✓ Make time for your brain health.
- ✓ Keep regular sleep hours.
- ✓ Eat regular meals with good nutrition.
- ✓ Exercise regularly.
- ✓ Learn new things and exercise your brain.
- ✓ Relax and reduce stress.
- ✓ Visit your doctor to make sure your overall health is good.

For more information, visit https://alz.org/brain-health/adopt_healthy_diet.asp