

Healthy Nutrition for Brain Health



The brain is a complex organ that controls a variety of functions such as memory and behavior. Eating well can support cognition and help to prevent disorders like Alzheimer's Disease. Eating well can also positively impact mood.

General Nutrition:

- Consume berries like blueberries and strawberries
- Choose foods that are high in resveratrol such as grapes and peanuts
- Consume dark green leafy vegetables such as collard greens, cabbage, broccoli, and kale
- Consume foods high in omega-3 fats like walnuts and salmon
- Choose more whole grains like bulgur instead of refined grains like white rice
- Eat a variety of plant sources of protein such as beans, peas, and nuts

Some Brain-healthy Foods:

- Cruciferous veggies like broccoli, cabbage, and dark leafy greens
- Blueberries, strawberries, and raspberries
- Salmon, tuna, and pollack
- Flax seeds and chia seeds
- Peanuts and peanut butter
- Whole grains such as barley, farro, and brown rice

General Recommendations:

Follow the MIND Diet, which includes:

- At least 6 servings per week of leafy green vegetables
- At least two servings per week of berries
- At least three servings of whole grains daily
- 1 serving fish per week, not fried
- 2 servings of poultry per week, not fried
- 4 servings of beans per week
- 5 servings of peanuts/nuts per week

Sample Meal: MIND-friendly Dinner

- 3 to 5 oz. grilled salmon
- Side salad with olive-oil based dressing
- Brown rice
- Evening snack: Greek yogurt with peanut butter and blueberries

Potential Benefits:

- Eating a diet rich in antioxidants can help reduce inflammation
- Omega-3 fat is important for brain development and cognitive function
- Peanuts and peanut butter can help improve memory, cognitive function, and support the prevention of Alzheimer's disease

Foods to Limit:

- Red meat
- Butter and margarine
- Fried or fast foods
- Cheeses such as brie, mozzarella, and cheddar
- Pastries and sweets

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

