

NUTRITION FOR OUR BRAINS



One of the most important things our brain needs is a healthy fuel/energy source to ensure our bodies work. The energy/fuel we supply to our bodies helps to keep our brain, heart, muscles, and other organs working.

Supplying our bodies with a healthy fuel/energy source can help to repair and make our bodies and brains work better throughout our lives.

What Are Our Main Fuels?

Glucose: A form of fuel that our bodies metabolize from simple sugars and complex carbohydrates. Traditionally, glucose is the main source of energy for our body's cells but can produce waste products that "clog up brain cells" even causing those cells to die.

Ketones: A form of fuel that our bodies metabolized from fats that have been eaten and stored. Our bodies turn to ketones when there is not enough glucose to supply the cells of the body and brain.

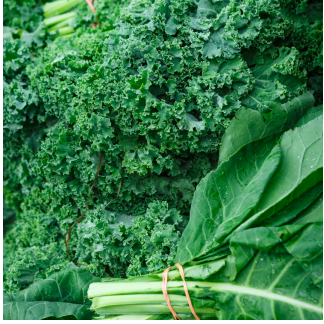
Food that Build Us

Proteins (amino acids) help build our infrastructure (bones, muscles, many cellular parts, and our organs).

Fats such as triglycerides and cholesterol makes up much of the cellular structures of our body including our brain.

What Foods Are The Best For Our Brains

Proteins & Fats (pasture-raised or wild-caught are best) & Carbohydrates - healthy, colorful, non-starchy vegetables



Green leafy vegetables like Kale, Broccoli, and Spinach have a great source of brain-healthy and brain-protecting nutrients such as vitamin k, lutein, folate, and beta-carotene.

Omega-3/ Fatty Acids that are found in salmon, trout, and sardines have high concentrations of docosahexaenoic acid (DHA) to help with cognitive function/performance. 60% of our brain is composed of fat containing omega 3s!



Coconut Oil is one of the top brain foods. It has a high concentration of MCT (medium-chain triglycerides). MCT that is found in coconut oil, is broken down into Ketones which are fed directly to our brains.

Berries are a rich source of antioxidants and anti-inflammatories, and their flavonoids can help to improve cognitive skills including memory, and decision making.

Turmeric (Curcumin) has a strong anti-inflammatory and antioxidant component that benefit our brains. Studies have also found it can help in reducing the physical plaques that accompany Alzheimer's Disease.



Dark Chocolate is good for our brain and mood. Dark Chocolate should be 72% or higher in cacao and low in sugar.

Eggs are rich in B vitamins, which have shown to help slow cognitive decline and deficiencies associated with dementia and depression.



Coffee is a master antioxidant, offers cancer protection, provides energy, and is good for your immune system. Can drink up to 5 cups a day.

Avocados have a great source of vitamins our brains needs such as C, E, K, and the B complex. Avocados can also help improve blood flow to our brains.



Nuts contain healthy fats, antioxidants, and vitamin E, which have been found beneficial to both brain and heart. Walnuts in particular also contain omega-3 fatty acids to further improve brain function.

Visit www.braincentergb.org

for more information about nutrition and the brain.

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Sources: Brain HQ, University of Washington, Healthline and BeBrainFit