

MAINTAIN THE BRAIN

With Smart Nutrition!

Food can improve mental health and your mood while preventing cognitive decline.

Over 90% of serotonin is made in your gut, which means a huge part of your mood and brain health are directly controlled by your gut.

Many foods promote the growth of the good bacteria that lives in your gut, whereas some foods can inhibit the good bacteria. As a result of this, food can be considered as one of the most effective mental health treatments available. This is significant because dietary interventions have minimal side effects in addition to being significantly cheaper than traditional medication.

Good Mood Foods

MAINTAIN THE BRAIN WITH NUTRITIOUS FOODS SUCH AS THOSE LISTED BELOW

- PROBIOTICS
- PREBIOTICS
- VITAMIN-RICH FOODS
- MINERAL-RICH FOODS
- OMEGA-3 FATTY ACIDS
- HERBS & SPICES

yogurt, tempeh, miso, sauerkraut, kefir, kimchi, kombucha, dairy, legumes, oats, bananas, berries, garlic, leeks, onions, asparagus, citrus fruits, avocados, leafy greens, crucifers, beets, nuts, seeds, fish, shellfish, sweet potatoes, carrots, cantaloupe, lean red meats, eggs, dark chocolate, whole grains, poultry, edamame, saffron, oregano, turmeric, lavender, chamomile

Aim for a Variety!

The MIND Diet, similar to the Mediterranean Diet, is rich in fruits and vegetables, lean proteins, omega 3's, and encourages foods high in polyphenols like red wine and dark chocolate. Regular intake of these foods is associated with preventing dementia and slowing the rate of cognitive decline.



Veggies

Eat leafy greens & other veggies daily.



Berries

Eat berries twice per week.



Protein

Eat fish once per week, nuts five times per week, & reduce red meat.



Oils

Opt for olive oil, when possible.



Wine

Have a 5oz glass of wine up to once per day.