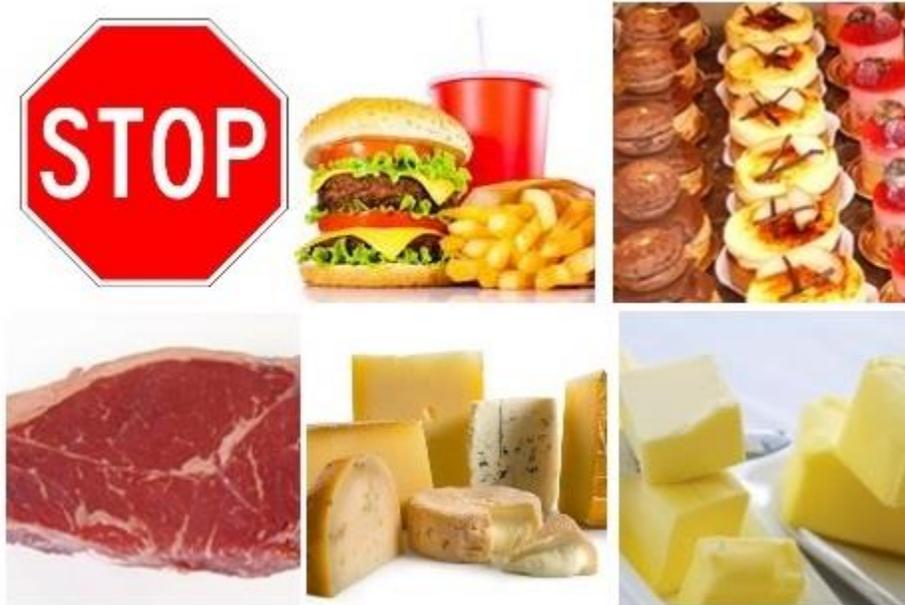


The Top Ten Foods For Brain Healthand Five to Avoid

	Description	Servings	Notes
	Leafy green vegetables (spinach, kale, Swiss chard, beet greens, collards, arugula, etc)	1-2 per day (about 1 cup raw, ½ cup cooked)	Leafy greens are good sources of vitamin K, folate, beta-carotene
	Other vegetables (asparagus, green beans, carrots, potatoes, squash, eggplant, etc.)	1-2 per day (about 1 cup raw, ½ cup cooked)	Brightly colored vegetables are rich with antioxidants
	Berries: especially blueberries & strawberries	4-5 per week (about ½ cup)	Berries are rich in polyphenols that protect neuron health
	Nuts: all nuts, with extra benefit from walnuts	1 per day (about 1/3 cup)	Nuts help lower high blood pressure and LDL (bad) cholesterol
	Lentils and Beans (kidney beans, pinto & black beans, chickpeas)	4-5 per week (about ½ cup)	Beans are packed with low glycemic carbs & protein
	Whole Grains (100% whole-grain bread & pasta, brown rice, quinoa, oatmeal, etc)	3 per day (1 slice of bread, ½ cup brown rice, quinoa, oatmeal)	Good source of dietary fiber, supports cardiovascular health
	Fish (salmon, mackerel, trout, sardines & herring have most benefit)	2+ per week (3 ounces cooked)	Best food source of Omega3 DHA & EPA
	Poultry (chicken and turkey)	3+ per week (3 ounces cooked, <u>but not fried</u>)	A better choice for a healthy heart and brain vs. red meat
	Olive Oil (extra virgin)	Use each day, instead of butter and margarine	A good source of monounsaturated fat, the type that helps reduce inflammation
	Wine (and beer, spirits)	<u>One</u> drink per day	Moderate use of alcohol can support cardiovascular health

Five Foods to Avoid for Your Brain Health



Fast Food
Pastries,
Donuts
Red Meat
Cheese
Butter,
Margarine

These food groups contain very high levels of unhealthy saturated fat and refined sugar — eating a “fast food diet” leads to diabetes, high cholesterol, heart disease, and high blood pressure — the four dark horsemen of metabolic syndrome. Metabolic syndrome is strongly linked to an increased risk of Alzheimer’s and dementia.

Other Useful Resources

Healthy Brain Test – www.mybaintest.org/healthy-brain-test/

Curious about your brain? Get your free Brain Health Score, and learn how health conditions, exercise, diet choices, sleep, and emotions can affect your brain health.

Free Online Memory Testing – www.MemoryHealthCheck.com

Short Term Memory Tests: <http://bit.ly/22rWfN> Short link

Visual & Digit Span Working Memory Tests: <http://bit.ly/1YCICcm> Short link