

BRAIN HEALTHY FOODS

Kitchen Pantry Reference Sheet

Focus on these 8 brain healthy food groups!



DARK GREEN LEAF VEGETABLES

Nutrient-dense greens like spinach, kale, and collard greens have long been associated with healthy diets. Now, recent studies are suggesting that they strongly benefit our brains, too!



BEANS/LEGUMES

Consuming legumes like beans and lentils provides fiber, plant-based protein, and other nutrients crucial to a healthy brain.



DARK PIGMENT BERRIES

Our modern diets make it likely that we are not consuming enough of the antioxidant-rich pigments found in berries (like blueberries, currants, strawberries, and blackberries).



TEA

The benefits of tea, especially green tea varieties, are well-documented. Researchers are also finding significant associations between green tea intake and reduced risk of cognitive decline.



FISH

Eating fish at least 1 time a week can have major brain benefits! Look for cold water varieties like salmon, herring, sardines, and mackerel that are abundant in omega-3 fatty acids. Also, avoid frying the fish.



WINE

Wine has been praised for cardiovascular health benefits. Also, studies show that it has brain benefits, likely due to its array of polyphenolic compounds. Of course, drink in moderation and preferably with meals!



NUTS/SEEDS

Anti-inflammatory nuts and seeds like almonds, walnuts, cashews, and flax seeds are excellent sources of long-chain fats and magnesium, a mineral profoundly deficient in most diets and important for brain function.



POULTRY

Poultry is a lean source for certain nutrients most abundant in animal products, such as B vitamins, which maintain metabolic processes necessary for neuronal recovery and efficiency.

⊘ Limit these foods ⊘



Red meat



Processed meat



Refined grains



Sweets

Your diet is a very important factor for your brain health, as evidence is mounting that dietary patterns, such as the Mediterranean, MIND, and DASH diets, are brain-protective. At **NeuroReserve**, our assessment of this evidence leads us to highlight these 8 brain healthy food groupings (and 4 to limit!).

Chances are, you do not get enough of these brain healthy foods in your diet.

About us: **NeuroReserve** is of, by, and for people who care deeply about protecting brain health as we age. NeuroReserve's product, **RELEVATE**, is the first and only nutritional supplement designed specifically upon brain protective dietary patterns, like the Mediterranean and MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diets. **RELEVATE** provides 17 nutrients from these evidence-backed diets that are chronically underconsumed.

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