

Fit Brain Foods

A brain healthy diet is rich in nutrient-dense plants and low in foods that are either highly processed or contain significant amounts of saturated fat. The best brain foods have anti-inflammatory properties intended to reduce oxidative damage and improve blood vessel function. Research has shown this dietary approach provides beneficial effect against cognitive decline in older adults. Pairing this meal pattern with physical activity and cognitive training may provide even greater protection.^{1,2}

Foods to Include		
	<p>Leafy greens: Kale, microgreens, collard, beet & turnip greens, spinach, watercress, romaine lettuce, swiss chard, arugula, endive, etc.</p>	<p>Leafy greens are nutrition superstars with Vit K, folate, beta carotene and lutein.</p> <p>Include leafy greens most days!</p>
<p>Vegetables: All other vegetables, such as broccoli, asparagus, cabbage, celery, cucumber, peppers, beets, radishes, carrots, tomatoes, fresh herbs, garlic, ginger, etc.</p>		<p>Vegetables include fiber, vitamins, and a wide variety of phytochemicals.</p> <p>Ideally, vegetables make up ½ your plate at lunch and dinner.</p>
<p>Berries: Blueberries, strawberries, raspberries, and blackberries. Other whole fruit has similar nutrition.</p>	<p>Berries are especially rich in antioxidant polyphenols. All whole fruit includes vitamins and fiber.</p> <p>Avoid dried fruit and juice, these forms are high in natural sugars. A serving of whole fruit is ½ cup.</p>	
	<p>Nuts & Seeds: Walnuts, almonds, pistachios, cashews, pecans, Brazil and macadamia nuts, hazelnuts, etc.</p>	<p>Contain Vitamin E. Walnuts and seeds chia/hemp/flax are also a source of omega-3s.</p> <p>¼ cup or 1 ounce is a serving, include daily.</p>
<p>Legumes: Dried beans, lentils, and peas, such as chickpeas, kidney/pinto/black/navy beans, green and yellow split peas, etc.</p>		<p>Legumes are a good source of magnesium, protein, and fiber.</p> <p>Aim for four, ½ cup servings per week.</p>

<p>Whole Grains: Oats, whole wheat, rye, buckwheat, quinoa, millet, barley, brown rice, corn, etc.</p>	<p>Whole grains contain folate, potassium, and phytosterols.</p> <p>Include daily. Cooked portion is ½ cup, otherwise check serving size on the label.</p>	
	<p>Seafood: Anchovies, herring, wild salmon, sardines, sablefish, trout, fish roe, oysters, mussels, crab, etc.</p>	<p>Seafood contains DHA and protein.</p> <p>2-3 servings per week. Choose small fatty fish for high omega-3s and low mercury.</p>
<p>Poultry: Chicken, eggs, turkey, and Cornish hens.</p>		<p>Poultry is a source of protein that is lower in saturated fat than red meat.</p> <p>Two or more, 4-ounce servings per week.</p>
	<p>Olives: Whole olives and olive oil</p>	<p>Olives are a source of mon-unsaturated fatty acids.</p> <p>Use extra virgin olive oil for salad dressing and low to medium heat cooking.</p>
<p>Foods to Limit: Butter, margarine, fried food, red meat, full-fat cheese and dairy products, pastries, and sweets.</p>		

References:

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