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# Nutritional Checklist for a Healthy Brain

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## 1. Healthy Fats

*Brain Health Benefits: Healthy fats in the form of Omega-3 Fatty Acids, Monounsaturated Fats and Polyunsaturated Fats help to fight tissue inflammation, boost mood through the production of Serotonin and reduce stress hormones. Aim to consume 1-3g of omega-3 fatty acids per day.*

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|--------------|--------------|
| Salmon       | Flaxseed     |
| Nuts & Seeds | Olive Oil    |
| Nut Butters  | Peanut Oil   |
| Avocadoes    | Canola Oil   |
| Wheat Germ   | Flaxseed Oil |

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## 2. Antioxidants

*Brain Health Benefits: Reduces free radicals, which can create tissue damage and lead to cognitive declines. Aim for 5-9 servings of antioxidant-rich foods per day.*

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| Blueberries  | Dark Chocolate         |
| Pomegranates | Green or Chamomile Tea |
| Cherries     | Kale                   |
| Raspberries  | Spinach                |
| Blackberries | Tomatoes               |

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## 3. Whole Grains & Complex Carbohydrates

*Brain Health Benefits: Complex carbohydrates, such as whole grains, fruits, and vegetables, can induce the brain to increase serotonin production and stabilizing blood pressure as a way to reduce stress. Aim to make 50% of your grain choices whole grains.*

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| Whole Wheat Bread or Tortillas        |
| Whole Wheat English Muffins or Bagels |
| Brown Rice                            |
| Bran Cereal                           |
| Oatmeal                               |

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## 4. Beans & Legumes

*Brain Health Benefits: High in protein, complex carbohydrates, fiber and brain-friendly phytonutrients and antioxidants which prevent age-related declines in cognitive function, memory loss and dementia. Three cups of beans per week are recommended.*

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| Lentils      | Pinto Beans |
| Blacks Beans | Lima Beans  |
| Kidney Beans | Chickpeas   |
| White Beans  | Split Peas  |

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