

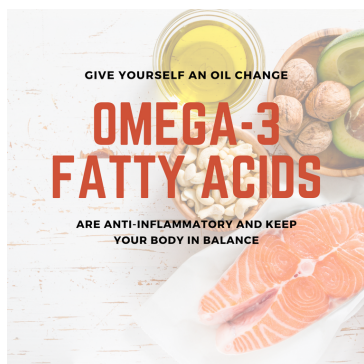
# A GUIDE TO EATING THE BEST BRAIN FOODS

The Healthy Brain Edition



## THE H2LIFE NB

*Live well. Live Long.*



**Brain Food and Brain Function: How you think, act, and learn is affected not only by the types of food you eat, but also by how the food is prepared, how and when you eat it, and what foods you eat together. Here are some tips to get the best brain foods into your daily diet:**

1. Beware of "junk" sugars. Different sugars affect the brain in different ways. Sugars like glucose, dextrose, and sucrose, and highly refined, highly processed "junk sugars" enter the bloodstream quickly, reaching high levels in a short time then a crash, creating a roller-coaster" effect that impacts the mood and concentration in some children and adults. The best sugars are complex carbohydrates like those found in fruit. They provide a time-release source of energy rather than a sudden surge followed by a sudden drop.
2. Eat "Brain-Friendly" carbs. Eating foods with a lower glycemic index is one way to help with behavior and performance throughout the day. Foods with the best brain foods and sugars can include: Fruit (grapefruit, apples, cherries, oranges, and grapes), Cereals and grains (oatmeal and bran), Vegetables/Legumes (soybeans, kidney beans, chickpeas, lentils), Dairy (plain Greek yogurt has a lower glycemic index than yogurt with preserves or added sugar).
3. Grazing. We simply run out of fuel in the late morning and late afternoon, or three to four hours after a meal. Blood sugar levels go down, stress hormones kick in, and behavior & concentration issues can arise. Carry healthy snacks if on the go or keep a supply of healthy snacks readily available in the pantry or refrigerator.
4. Pick the right carbohydrate/protein partnership. A low-calorie, high-protein meal that also contains complex carbohydrates makes you more alert and would be perfect for breakfast and lunch. A higher calorie, higher carbohydrate, lower protein meal could help you relax and fall asleep in the evening.
5. Feed your brain the right kinds of fats. Omega 3 fatty acids are found in ground flax seeds and flaxseed oil, coldwater fish (primarily salmon and tuna), canola oil, soybeans, walnuts, wheatgerm, pumpkin seeds, and eggs.

## Need some helpful tips to BOOST your brain? See our "Brain Builders" and "Brain Drainers" to help boost your brain!

### Brain Builders Include:

- Avocados
- Bananas
- Beef (lean cuts)
- Nutritional yeast
- Broccoli
- Brown rice
- Brussel sprouts
- Cantaloupe
- Cheese
- Chicken
- Collard greens
- Eggs
- Flaxseed oil
- Legumes
- Milk
- Oatmeal
- Oranges
- Peanut butter
- Peas
- Potatoes
- Romaine lettuce
- Salmon
- Soybeans
- Spinach
- Tuna
- Turkey
- Wheat germ
- Yogurt

### Brain Drainers Include:

- Alcohol
- Artificial food colorings
- Artificial sweeteners
- Colas
- Corn syrup
- Frostings
- High-sugar "drinks"
- Hydrogenated fats
- Junk sugars
- Nicotine
- Overeating
- White bread

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