



The healthy brain food plan.

This worksheet offers ideas and suggestions on the types of foods / meals that you can use to support good brain health. The examples offered focus on specific nutrients that can help with **good cognitive function, memory, and overall brain health.**

<p>Breakfast</p> <p>Greek yoghurt with honey & blueberries <i>(rich in antioxidants)</i></p> <p>Oatmeal with walnuts <i>(high in omega-3 fatty acids)</i></p> <p>Green tea <i>(contains brain-boosting compounds)</i></p>	<p>Afternoon snack</p> <p>Sliced cucumber with hummus <i>(provides hydration & fibre)</i></p> <p>Dark chocolate (70% cocoa or higher) in moderation <i>(contains antioxidants)</i></p>
<p>Morning snack</p> <p>A handful of mixed berries <i>(good for antioxidants)</i></p> <p>Almonds or cashews <i>(source of helpful fats & vitamin E)</i></p>	<p>Dinner</p> <p>Baked or grilled chicken or a plant-based protein like lentils <i>(lean protein)</i></p> <p>Steamed broccoli & spinach <i>(rich in vitamins & minerals)</i></p> <p>Brown rice or sweet potatoes <i>(complex carbohydrates)</i></p>
<p>Lunch</p> <p>Grilled salmon or tofu with a side of quinoa <i>(omega-3s & protein)</i></p> <p>A large salad with dark leafy greens, cherry tomatoes & avocado <i>(rich in vitamins & unsaturated fats)</i></p> <p>A citrus fruit like an orange <i>(high in vitamin C)</i></p>	<p>Evening snack (if needed)</p> <p>A small serving of low-sugar, whole-grain cereal with milk or a dairy-free alternative <i>(contains nutrients like B vitamins)</i></p> <p>Hydration</p> <p>Drink plenty of water throughout the day to stay well-hydrated</p>

General guidelines



Omega-3 fatty acids: Include foods like fatty fish (salmon, mackerel, and sardines), walnuts, flaxseed, and chia seeds, which contain omega-3 fatty acids essential for brain health.

Antioxidants: Consume a variety of colourful fruits and vegetables, as well as berries and dark chocolate, to provide antioxidants that protect brain cells.

Unsaturated fats: Incorporate sources of unsaturated fats (sometimes known as “healthy” fats) such as avocados, nuts, and olive oil, which support brain function.

Whole grains: Opt for whole grains like quinoa, brown rice, and oats, which provide a steady supply of energy for the brain.

Lean proteins: Include lean sources of protein like poultry, fish, tofu, and legumes, as they provide the amino acids necessary for brain health.

Vitamins and minerals: Ensure your diet is rich in vitamins and minerals like vitamin C, vitamin E, and folate, which play a role in cognitive function.

Hydration: Stay well-hydrated, even mild dehydration can affect cognitive performance.

Limit sugar and processed foods: Minimise sugary and processed foods, which can lead to cognitive impairment.

Caffeine: Moderate amounts of caffeine as found in coffee or tea can improve alertness and concentration.

Balanced diet: A balanced diet with a variety of nutrients is key to brain health.

Remember that overall lifestyle factors, including regular physical activity, adequate sleep, and stress management, are also crucial for maintaining a healthy brain. Please a healthcare professional if you have specific dietary concerns or medical conditions that impact your brain health.