

Key Brain Healthy Diet and Nutrition Recommendations

Maximize eating high-quality lean protein, such as fish high in DHA (wild salmon, mackerel, lake trout, herring, sardines, albacore tuna), poultry (skinless white-meat chicken and turkey), lean beef, eggs and low-or non-fat dairy products.

Minimize carbohydrates with high-glycemic index. Avoid adding simple sugars, high-fructose and corn syrup. A rule of thumb is to stay below 150 grams/day of carbohydrates, check labels).

High Glycemic Foods (GI of 70 or >)	Low Glycemic Foods (GI 55 or <)
White Bread	Most Fruits and Vegetables
White Rice and Pasta	Nuts
Most sodas (due to the high fructose corn syrup)	Beans
Cakes	Rye or Whole Wheat breads
Cookies	Oat bran
High fatty cheeses and dairy	Basmati Rice

Know the difference between ‘Good’ fat (unsaturated) versus ‘Bad’ fat (saturated and trans fats). Avoid trans fats and eat saturated fats in moderation.

Good Fats	Bad Fats
Unsaturated Fats (mono or poly unsaturated)	Saturated and Trans fats
Eating these foods in moderation is recommended	Avoiding trans fats and reducing consumption of saturated fats is essential to good brain health
Examples of Good Fat Foods	Examples of Bad Fat Foods
Certain oils (extra virgin olive oil, peanut, coconut)	Most fast foods
Avocados	Butter
Olives	Animal fats (shortening, lard)
Certain Nuts (almonds, hazelnuts, walnuts, pecans, pistachios, cashews)	Milk and white chocolate
Certain Seeds (pumpkin, sesame, sunflower, Flax seed)	Dried coconut
Certain fish (Wild Salmon, Sardines, Tuna, Mackerel, Halibut)	

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- Ensure you are getting Omega-3 fatty acids in your diet by eating fish, such as Wild Salmon, Sardines, Tuna, Mackerel, Halibut, Herring, and Lake Trout. As well as additional in-take, via supplements which are high in both in DHA and EPA oils. (please confirm with your physician prior to beginning use of any supplement)
- Include foods high in Antioxidants/flavonoids in your diet. Foods that are rich in antioxidants and flavonoids include: berries, kale, mushrooms, cocoa powder and dark chocolate, onions, beans, seeds, sardines, herring, trout, Wild Salmon, nuts, green leafy vegetables and green or black teas.
- Ensure adequate intake of folic acid, B6, B12 and vitamin D via adequate nutrition, and supplements as needed in pill or liquid form-once discussing it with your doctor.
- In general, choose foods with as few ingredients listed on the label as possible; the fewer the better, For example look at the ingredients of the Pepperidge Farm bread vs the Life Ezekiel Bread. The first bread has over 40 ingredients vs the second bread, which has 11 ingredients.

AVOID BREAD THAT IS FULL OF ARTIFICIAL CHEMICALS:	
	Pepperidge Farm Light 7 Grain Bread: Unbromated Unbleached Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Unbromated Stone Ground 100% Whole Wheat Flour, Water, Wheat Gluten, Yeast, High Fructose Corn Syrup, Whole Wheat Flakes, Contains 2 Percent Or Less of: Soy Fiber, Unsulphured Molasses, Salt, Crushed Wheat, Oat Bran, Oat Flour, Honey, Monoglyceride, Datem (Dough Conditioner), Rice Bran, Potato Flour, Wheat Nuggets, Wheat Bran, Degerminated Yellow Cornmeal, Rye Meal, Flaked Barley, Rye Nuggets, Oats, Wheat Germ, Nonfat Milk*, Calcium Propionate (to Retard Spoilage), Guar Gum, Amaranth Bran Flour, Barley Fiber, Corn Bran, Rye Fiber, Soy Flour, Enzymes, Sucralose And Soybean Oil.
BETTER STORE-BOUGHT ALTERNATIVE:	
	Food For Life Ezekiel Bread : Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast, Organic Wheat Gluten, Sea Salt.
<small>More at FOODBASE.COM</small>	

- Select non- fat or low-fat dairy products when possible over full fat products.
- Drinking one to three cups of coffee, consumed earlier in the day may be beneficial in protecting brain health
- Add Curcumin/Turmeric Root to foods you cook. This is the active ingredient in curry, which has been found to improve memory and delay the progression of AD.