



Building a Better Brain – One Bite at a Time!

Nutrition has a powerful effect on the structure, function, metabolism, and genetics of the brain. That means that positive dietary choices impact mood, memory, learning, and stress-sensitivity, as well as overall physical function.

Good nutrition is the foundation of a brain-building lifestyle that includes daily exercise, refreshing sleep and planned periods of relaxation, strong social ties, stress management, internal positive attitudes, and a spiritual connection with God.

1. Enjoy Fabulous Fiber Foods

Eating a wide variety of plant foods, rich in dietary fiber:

- Provides optimal, slow-release brain fuel
- Supplies vitamins, minerals, antioxidants, and phytochemicals
- Balances appetite – reduces sugar cravings and other food cravings
- Helps you reach and maintain healthful weight
- Delays gastric emptying and lowers cholesterol by binding bile acids
- Improves insulin and blood sugar control
- Balances blood pressure
- Balances hormones
- Enhances immune function
- Shields against mental and physical stress

Choose 30-50 grams of fiber per day

Sources: whole grains, beans, legumes, fruits, vegetables

1 c beans = 10-16 g

1 c grains = 3-10 g

1 slice whole grain bread = 2 - 6 g

1 c fruit or vegetable = 3-10 g

2. Choose Healthful Fats

F-A-T is not spelled B-A-D. Healthy fats:

- Are essential components of cell membranes
- Provide a protective sheath for nerves and muscles
- Help cells become more flexible, permeable, resilient
- Supply powerful antioxidants and flavonoids to fight cell damage, inflammation, and cancer cell proliferation
- Balance hormone action, synthesis and metabolism
- Reduce free-radical damage to body and brain
- Improve brain health by improving cognitive function; they also have a calming effect and aid in depression
- Transport important fat-soluble vitamins and health-boosting plant phytochemicals
- Provide energy, insulation and heat conservation

Choose 30-50 grams per day

Sources: nuts, seeds, olives, avocados, olive oil, canola oil, soy oil. Omega-3-fats are found in flax seed, walnuts, soy

3. Make water your beverage of choice

Enjoying plenty of fresh water throughout the day:

- Improves brain function by increasing circulation
- Increases the brain's access to oxygen and nutrients
- Increases physical stamina and mental alertness without caffeine
- Helps to control appetite and regulate digestion
- Displaces caffeinated, sugary, or alcohol drinks
- Optimizes kidney and bladder function

Choose at least 8-10 cups of water each day.

Optimal to drink on arising and between meals.

4. Go for a walk every day.

Better Brain, Better Habits, Better Life!

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Brain Building A Better Body, One Bite at a Time

Eat More Fiber Foods: **30-50** grams fiber per day

controls appetite; controls sugar cravings; helps reach and maintain healthy weight
controls blood sugar, blood pressure, cholesterol, hormones
enhances immune system; vitamins, minerals, phytochemicals
healthy digestive system

1 c beans = 10-16 g 1 slice whole grain bread = 2- 6 g
1 c grains = 3-10 g 1 c fruit or vegetable = 3-10 g

Limit Sugars: **25-35** grams per day: 4 grams = 1 teaspoon
Does not include natural sugars in milk and fruit.

Drink Water: Divide weight by 2 gives # of ounces per day

Limit Saturated Fats:

30-50 grams per day: 5 grams = 1 teaspoon

Choose Omega-3 fats: flax seed, walnuts, soy
Monounsaturated fats: nuts, seeds, olives, avocado

Limit Sodium: **1500** mg per day: 500 mg per meal.

Balance Your Meals:

2 cups water
Breakfast: whole grain cereal, whole grain bread, fruit, soymilk
10-15 minute walk
2 - 3 cups water
Lunch: whole grain bread, beans, vegetables and/or fruit
10-15 minute walk
2 - 3 cups water
Dinner: beans, whole grains, vegetables and/or fruit
10-15 minute walk

Plan Easy meals: Center meal around whole grain pasta, rice, beans, potato, soup or sandwich. Then add color.

Exercise: Take 10 or Add 10. Walk 30-60 minutes/day. Consider weight lifting.

Get Adequate Sleep: Body heals & rejuvenates, lowers stress hormone (cortisol), enhances memory and brain health.

Nutrition Facts

Serving Size 2 cookies (57g)
Servings Per Container 6

Amount Per Serving	
Calories 310	Calories from Fat 160
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	% Daily Value*
Total Fat 18g	27%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 110mg	4%
Total Carbohydrate 32g	10%
Dietary Fiber 1g	5%
Sugars 20g	
Protein 5g	