

The Better Brain Blueprint

Foods to eat to keep that brain healthy and fit!

I've got good news for you. 75% of our longevity is determined by non-biological factors! This means that we have a lot of control over our health span and we can optimize our brain health through our diet. And your brain needs a lot of food! 20% of your daily calories are used by the brain to perform the myriad of functions it performs for us all day long.

Science has shown that in order to thrive, the brain needs to receive The MIND Diet:



Olive Oil & Avocado Oil



Limit sodium, red meat, sweets, cheese, butter/margarine, fried food

For the best nutrients for your brain, be sure to include:

Omega 3 Fats

Wild salmon, sardines, walnuts, flax & chia seeds

Protein

Chicken, tofu, beef, egg, fish

Vitamin B

Nuts & seeds, leafy greens, bananas, eggs, wild salmon, legumes

Vitamin C

Broccoli, strawberries, red peppers

Vitamin D

Wild mushrooms, salmon, eggs

Choline

Eggs, fish, beef, poultry, milk, broccoli, beans, peas

Magnesium

It's really important to not forget this critical mineral as research conducted in middle-aged and older adults has tied higher magnesium intakes to a lower risk of dementia. Higher dietary magnesium has also been linked to a lower risk of progressing from normal aging to mild cognitive impairment.

Swiss chard, spinach, pumpkin seeds, nuts, wild caught fish, sea vegetables, avocados, dark chocolate, pink salts



I'm Annie, A Licenced Nutritionist & Health Coach

Through speaking, coaching, and facilitating workshops, I've helped hundreds of midlife women make sense of the wellness information out there and make sustainable changes to their health.

Do you want to thrive at midlife and beyond? Then book your complimentary call at: <https://calendly.com/veev/30min>.



The art and science of aging well