



## Mission Statement

Care Connection will provide resources and services that empower people to create healthy aging experiences.

## BRAIN HEALTHY FOODS

What do I need to eat to have a healthy brain? To get your best food for thoughts, eat a healthy, well-balance diet. A varied diet low in fat and high in fruits, whole grains, vegetables, and protein is best. Some of the foods to include in a varied diet would be those:

**RICH IN OMEGA 3 FATTY ACIDS** – These are essential for brain function. They also have anti-inflammatory substances.

Salmon, sardines, Atlantic mackerel, herring, tuna, halibut, flounder or sole, oysters, wild rainbow trout, and lobster

**RICH IN MONOUNSATURATED FATS**

Nuts, seeds, avocados, olives / olive oil, and dark chocolate

**RICH IN ANTIOXIDANTS** – Experts are finding antioxidants important in protecting memory function.

- ***Vitamin C***  
Broccoli, bok choy, cauliflower, cabbage, kale, brussels sprouts, spinach, and artichokes
- ***Vitamin E***  
Avocados, olive oil, sunflower seeds, and nuts (especially walnuts & pecans)
- ***Flavonoids***  
Dark Chocolate, apples, red grapes, red onions, coffee, ground cloves, curcumin, and curry
- ***Tannins***  
Blackberries, strawberries, cranberries, raspberries, and blueberries

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- **Resveratrol**  
Red wine, peanuts and grapes

Other things to keep in mind include taking care with caffeine. At low doses, caffeine can actually help our memory. It helps with attention, improving our memory and making it easier to learn and remember things. However, at higher doses, caffeine can have the opposite effect interfering with attention and concentration.

### For a brain-healthy snack:

Mix together:

½ cup whole grain cereal

¼ cup dried fruit (raisins, apricots, cranberries, cherries, blueberries)

1 ½ tablespoons chopped walnuts or slivered almonds

Can also add in a small amount of dark chocolate chips

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