



# FOODS TO POWER YOUR BRAIN

## Plant based foods that will help improve mental performance

### Berries

- High in fiber and rich in antioxidants - beneficial role in brain aging
- Improve cognitive functions and memory loss by boosting blood flow and oxygen to the brain
- Great to have it as snack or to add it to smoothies



### Avocado

- Source of Healthy Fat = more energy for your day
- High source of Fiber and Vitamins E, C and B complex
  - = helps with your intestinal flora, immune system and stress management
- Great to use as a dip or spread



### Chia Seeds

- Higher content of calcium, magnesium and potassium than milk and other cereals products
- Helps to improve immune system
- Chia seeds can be added in beverages, puddings, trail mix, smoothies, and in baked products such as muffins and cakes



### Chickpeas

- High source of protein
- Excellent source of fiber
- Great to add it in salads or have it as a spread (hummus)



### Peanuts

- Great source of dietary fiber and provide a wide range of essential nutrients including vitamins B & E, iron, zinc, potassium, magnesium, and antioxidants
- Improve blood flow in the brain which can enhance cognitive functions
- Peanut butter and fresh fruits or veggies is the great combination.



### Walnuts

- Source of Omega 3 fatty acids = critical role in the brain function
- High source of Antioxidants, Vitamins, and Minerals which improve brain activities by engaging interneuronal signaling
- Perfect snack at any time of the day or a delicious way to add some texture in salads



## Avoid skipping breakfast:

this is associated with decreased cognitive performance, including memory, processing visual display, problem-solving, alertness, and attention.

**no fuss breakfasts you can make at home**

### YOGURT PARFAIT

Mix a cup of yogurt with muesli and fresh or thawed frozen fruit.



### FRUIT, CHEESE & NUTS

Slice an apple or pear with cheese and a handful of raw nuts.



### SUNNY-SIDE-UP EGG

On a whole grain English muffin or toast with spinach leaves.



### COTTAGE CHEESE

Mix with pineapple wedges and whole grain cereal.



### EGG MUFFIN CUPS

Make these ahead and freeze them! Option to substitute egg whites with whole eggs.

[showmetheyummy.com/healthy-egg-muffin-cups/](http://showmetheyummy.com/healthy-egg-muffin-cups/)



### HOMEMADE SMOOTHIE



Blend 1 cup of yogurt with a banana, strawberries, 1 tbsp of wheat germ or flax seed, and water or milk to thin.

### BREAKFAST BURRITO

Wrap a scrambled egg, diced tomatoes or salsa and 2 tbsp shredded cheese in a whole wheat tortilla.



### COOKED OATMEAL

Mix with 2 tbsp of peanut butter, berries and banana slices.

### OVERNIGHT OATS

Prep breakfast for the week!  
Here is a good recipe:

[berrynourished.com/almond-banana-overnight-oats/](http://berrynourished.com/almond-banana-overnight-oats/)



## Have a list of recipes readily available that can be easily prepared easy and quick sheet pan meals

### Sheet pan shrimp fajitas



### Sheet pan gnocchi



### Baked tofu

