

Nutrition Tips for Brain Health Checklist



- Incorporate Omega-3 Fatty Acids**
Sources: Fish (salmon, sardines), flaxseeds, walnuts.
Benefits: Supports cognitive function and reduces brain inflammation.
- Include Antioxidant-Rich Foods**
Sources: Blueberries, dark chocolate, leafy greens.
Benefits: Protects brain cells from oxidative stress and aging.
- Consume Whole Grains**
Sources: Oats, quinoa, brown rice.
Benefits: Provides steady energy for optimal brain function.
- Prioritize Hydration**
Drink plenty of water daily.
Benefits: Prevents dehydration, which can impair cognitive abilities.
- Add Vitamin B-Rich Foods**
Sources: Eggs, lean meats, legumes.
Benefits: Boosts memory and brain health by aiding neurotransmitter function.
- Limit Processed and Sugary Foods**
Effects: Excess sugar can lead to brain fog and impair concentration.
Tips: Opt for whole, unprocessed foods.
- Eat Plenty of Fruits and Vegetables**
Sources: Broccoli, spinach, oranges.
Benefits: Provides vitamins, minerals, and antioxidants that improve brain health.
- Incorporate Healthy Fats**
Sources: Olive oil, avocado, nuts..
Benefits: Supports brain structure and function.
- Consider Supplements for Brain Health**
Examples: Omega-3, Vitamin D, and B-complex supplements.
Note: Consult a healthcare provider before adding supplements.



Note: While this checklist is designed to help families learn more about brain-healthy foods, please remember that it's not a substitute for professional medical advice. We always encourage individuals to consult their healthcare provider to discuss their unique needs and health concerns.

Visit us at www.activeday.com