

BRAIN FOOD

**THE RECIPE FOR AN
ALERT, ACTIVE AND
FOCUSED MIND.**

KNOW
YOUR
FOOD



KEEP IN MIND THE BENEFITS OF A GOOD ALL-ROUND DIET WHEN IT COMES TO BOOSTING BRAINPOWER.

A healthy, balanced diet consisting of plenty of fruits, vegetables and wholegrains helps to keep the body healthy – a healthy body can also mean a healthy mind.

A healthy, diet can enhance every aspect of your wellbeing, just as a poor diet can have a negative effect on the body, unhealthy eating habits can also impact on mental wellbeing.

FOOD FOR THOUGHT!

Breakfast is the most important meal of the day – so why not kick-start your day by eating a wholegrain cereal high in fibre to provide energy to improve concentration and help you stay alert.

Healthy snacking with fruit and low fat yoghurts is a great way to fuel the body and mind with nutrients during the day. Choose a variety of steamed vegetables for your evening meal – ‘eat the rainbow’ because the various colours indicate the different health qualities of particular vegetables.

TOP VIT TIPS

Fruits and vegetables such as berries, tomatoes and broccoli are full of antioxidants which can help protect brain cells, so try to eat 5 a day!

Hydration Keeping your fluid levels up is important for your body and mind. It assists with cell performance and improves concentration.

Fat Try to limit the amount of saturated fat in your diet and increase the amount of mono or polyunsaturated fat (good fat) found in olive oil and avocados.

Omega 3 found in oily fish like mackerel and salmon, is an essential fatty acid important for brain function. Try eating a portion of oily fish once a week.

Vitamin B12 aids the production of myelin, which helps insulate against the brain's electrical impulses. It's found in pork, poultry, beef and fish.

Vitamin C in your diet can help maintain mind health. It's found in fruit and vegetables.

Vitamin E contains antioxidants that can also help protect the brain and is in sweet potatoes, leafy green vegetables, grains and nuts.