

Nutrition and Brain Health

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Omega-3's

Omega-3's help build brain cells and maintain brain function.

3 Types of Omega-3's:

Alpha-linolenic acid (ALA) - mainly in plant oils like flaxseed, soybean, canola oils

Eicosapentaenoic acid (EPA)- fish/seafood

Docosahexaenoic acid (DHA)- fish/seafood

Food sources: fatty fish, walnuts, flaxseeds, omega-3 enriched eggs

Recommended to eat at least 2 servings of fish per week for overall heart and mental health

Phosphatidylserine

Phospholipid that helps transmit messages between nerve cells in the brain.

Food sources: soy, white beans, egg yolks, liver

Glutamine

Amino acid found in protein foods, including nonmeat sources such as legumes (beans/lentils), nuts and seeds.

Fluids & Electrolytes

Water, sodium, potassium and magnesium are required for nerve cells to function.

Antioxidants

Antioxidants reduce cellular stress and inflammation. Common in foods with anthocyanins, which have a blue/purple color like berries and red cabbage.

Food sources: berries, kiwi, sweet potatoes, peppers, dark leafy greens, broccoli, walnuts, pumpkin seeds, green/black teas

Choline

Precursor to acetylcholine (neurotransmitter).

Food sources: egg yolk, cruciferous veggies, legumes, nuts, seeds

Creatine

Amino acid found in protein foods, including nonmeat sources such as legumes (beans/lentils), nuts and seeds.

Supplements

Nootropics are substances intended to improve mental performance. They include dietary supplements and drugs. As with any supplement, it's important to look for those that do not contain prohibited ingredients.

Ginseng: may help with attention and memory-related tasks for short time after single use. Not for long-term use (beyond 6 months). Ginseng tea is an easy option.

Fish or krill oil: seem to help with TBI symptoms in mice/rats but few studies have been done on humans. Krill oil is slightly more bioavailable than fish oil.