



## 10 GREAT TIPS FOR IMPROVING YOUR BRAIN HEALTH

### 1. CONSUME REAL FOOD

This means you really must cook. It is very unlikely that dependence on take-out food will help you reach your goal of optimal brain health. There are *millions* of recipes online.

### 2. AVOID ULTRA-PROCESSED PRODUCTS

When you buy something in a bag or box, ask yourself what micronutrients it will provide for your brain.

### 3. INCLUDE SLIGHTLY PROCESSED FOOD like canned and frozen items that do not have a lot of added sugar and preservatives if these items make your cooking easier.

### 4. REMEMBER THE SAYING: IF YOU DON'T BUY IT, YOU DON'T EAT IT

Purge your cabinets and don't restock with chips and sweets

### 5. ARE YOU DEPENDENT ON SUGAR?

Remember, refined carbs (white bread, white rice, baked goods) become sugar when you consume them. AVOID them. Look for 'transition' foods to help wean yourself off sugars. For instance, if you are used to drinking carbonated sugary drinks every day, switch to carbonated water. Begin by doing so one day per week, and gradually increase until all sweetened drinks are out of your diet.

### Are you wondering HOW to do these things? Here are more ideas:

6. Begin by removing the 'junk' from your diet. Do NOT begin by attempting a restrictive diet (ketogenic, gluten-free, etc.) Those may help you later, but FIRST improve your diet by eating real foods. Our book THE BETTER BRAIN teaches you about a whole-foods Mediterranean-style diet, and provides a whole chapter of recipes.
7. Always try to change things up, increase variety, add new menu items. Aim to try one new vegetable or fruit every week.
8. Try an easy new recipe each week and ask your family members to keep you company (and help out) in the kitchen.
9. Remember that dark, leafy greens are a great source of those B vitamins you need for resilience, though B12 is best obtained from animal protein.
10. Meat, fish, and eggs are good sources of protein, helping to regulate blood sugar and appetite as well as providing bioavailable iron and zinc.

