

NUTRITION BITES

BRAIN SUPERFOODS

It's no secret that we all want to function at our best. Eating the right foods can give your brain the nutritional support it needs to perform at the highest level. Brain Fuel menu items are crafted to fuel your brain with the nutrients it needs to help you function at your best. Carbohydrates (Glucose in particular) provide a rapid, steady stream of energy.

FOODS TO HELP YOU ACE THE TEST



FATTY FISH

Examples:
Salmon, Trout,
Tuna, Sardines,
Mackerel

Why?
Omega 3 Essential
Fatty Acids are
important for good
brain health



GREEN VEGETABLES

Examples:
Spinach, Kale,
Broccoli,
Cabbage

Why?
Vitamin K & B, Folic
Acid all help fight
fatigue and may help
improve memory



BERRIES & CHERRIES

Examples:
Blueberries,
Cranberries,
Blackberries,

Why?
Antioxidants and
Anthocyanins that
may boost memory
function



NUTS & SEEDS

Examples:
Walnuts,
Pumpkin Seeds,
Almonds,
Peanut Butter

Why?
Zinc, Magnesium,
B-Vitamins,
Vitamin E

STAY HYDRATED

Examples: Water or Green Tea

Why? Someone who is well hydrated will find they have much more energy.
Also avoid overdosing on caffeine which increases anxiety and irritability.

FUN BRAIN FACTS:

- ⇒ Human brains have the largest frontal lobes of any animal, which are associated with higher level functions such as self-control, planning, logic, and abstract thought.
- ⇒ Neurosurgeons have compared the texture of a living brain to soft tofu.
- ⇒ There are about 86 billion nerve cells, called neurons, in an adult brain.

