



Food Tips to Boost Brain Health

Your brain is an amazing instrument. A wheelhouse for your being, it helps define who you are and actualizes your experience of the world. It's also an organ vulnerable to influences like sleep, exercise, relationships, stress and hormones. And like the rest of your body, the brain is impacted significantly by what you eat.

There isn't anything drastic about eating to support brain health. Fruits, vegetables, legumes, fats and grains all constitute brain food when you choose the right ones. The goal is to reduce inflammation, which affects the brain directly and also impacts gut health. How we digest our foods can be as important to brain health as what we eat in the first place.

- **Whole grains:** Choose complete foods whenever you can. In this case, I would suggest millet, oatmeal, quinoa, rice or corn as better choices than grains with gluten. If you do choose to have some gluten, sourdough is best. Made with fermented flour, it is more easily digested and good for the gut bacteria.
- **Legumes:** Unprocessed legumes—such as peas, beans and lentils—are great because of their high fiber content. If you find yourself choosing between carbohydrates and legumes, go for the legumes. There are so many great things you can do with beans, even from the can. Just add some pasta sauce, olive oil and top with grated parmesan cheese.
- **Vegetables and Fruits:** The more color in each, the more phytochemicals, which are vital for brain health and protection. Go for cruciferous vegetables like broccoli, brussels sprouts, cabbage, kale and bok choy to support detoxification. Berries of all kinds are hugely impactful.
- **Fat:** The brain loves healthy fats. Include good oils like avocado, flax, coconut and butter (the brain uses 25% of the cholesterol we make in the body). Fatty fish like sardines, herring and salmon are great. Avoid canola, sunflower and corn oils.



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Sharon has lectured around the world, from London to California, frequently featured on television, radio and in print. Sharon is also a qualified Cordon Bleu cook. She practices in the Institute for Health & Healing clinics in San Francisco, Santa Rosa and Novato.

To learn more about the Institute for Health & Healing or request an appointment, visit myhealthandhealing.org.