

NUTRITION

Brain Health Pillar

BRAIN HEALTH
NETWORK

www.brain.health

A balanced diet is fundamental to brain health. The right foods don't just fuel our brain cells, they also boost the flow of blood, oxygen and nutrients to the brain and reduce potentially harmful inflammation.

When feeding the brain, and ourselves, the Global Council on Brain Health (GCBH) suggests we divide foods into three groups. These groups broadly mirror the recommendations in diets such as the Mediterranean diet, the DASH diet, and the MIND diet (read more about these in the nutrition pillar).

Foods to be Eaten Regularly



Fresh Fruits



Healthy Fats



Fresh Vegetables

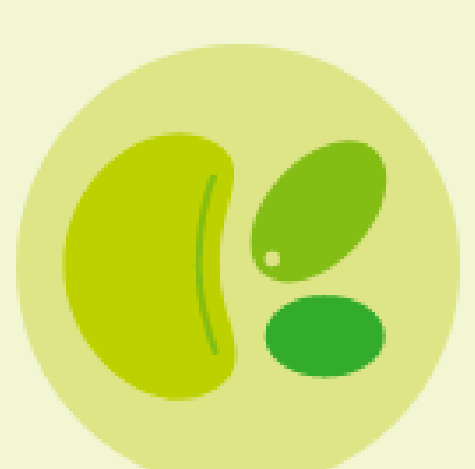


Nuts

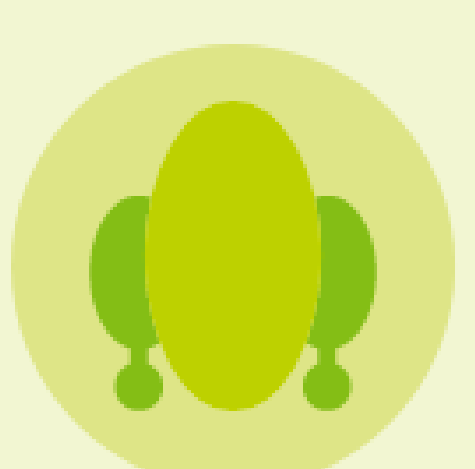


Fish & Seafood

Foods to Include in Your Diet



Beans/Legumes



Poultry



Fruits



Whole Grain

Foods to Limit



Fried Food, Pastries, and Processed Food



Red meat and Related Products



Whole Fat Dairy



Excessive Salt Intake