

OPTIMIZING BRAIN HEALTH

Session Two

Key Protective Nutrients

Classes featured: Key Protective Nutrients for Brain Health, Food Sources for Key Nutrients

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- We get energy from macronutrients (carbs, protein, and fat), but our mitochondria can't use them without micronutrients like antioxidants.
- Antioxidants protect your body against damage, like a premium coating on your car to protect against rust.
- Key protective nutrients are flavonoids, glutathione, and Omega-3 fatty acids, such as DHA.
- Recommended amount of DHA per day is:
 - › 1100mg for females
 - › 1300mg for males ages 19–50
 - › 1600mg per day for males age 51+
- DHA is essential—you need to get it from your diet.
- Glutathione acts like flypaper in your body. All the bad stuff sticks to it and exits the body through stool and urine.

Tips from the pros to remember:

- Work up to a goal of 10–12 servings of fruits and vegetables. Start where you are at, and add 1–2 servings per week.
- Try drinking green tea cold or adding it to smoothies.
- If fish is not your thing, try supplementing with Omega-3s, (**not Omega-6s**, these are pro-inflammatory).
- Focus on consuming foods that are precursors to glutathione, like cruciferous vegetables, bone broth, turmeric, or green tea, and getting adequate protein.



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- I will eat cruciferous vegetables at least once per day.
- I will count the servings of plant foods I am currently eating and will consistently eat one more serving per day.
- I will eat fatty fish twice per week.
- I will plan to add in a food from the key nutrients foods list every day this week.

Quick notes:

CAULIFLOWER SMOOTHIE FORMULA

Instructions:

- Start by making the base. Then add your preferred additional ingredients.
- Put the rest of the ingredients in a blender and blend until your desired level of smoothness.
- Drink within 15 minutes for best consistency.

Pro tip: Add a scoop of your favorite protein powder for additional protein. For extra flavor add, nutmeg, cinnamon, cacao powder, clove, ginger, vanilla extract, unsweetened coconut, instant coffee, or a dash of salt.

Base

+

Sweetener

+

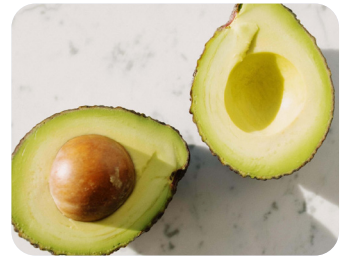
Fat



1 cup frozen
riced cauliflower



½ cup berries



⅓ cup avocado



½ cup–1 cup
unsweetened nut milk



1 tsp of agave, honey,
or maple syrup



2 Tbsp nut butter

Quick nut milk tip: When shopping, pay attention to the nutrition label. Avoid added sugar and ingredients you can't pronounce or don't recognize. The ingredients should only read almonds and water.

KEY NUTRIENT FOOD LIST

Circle the foods you know you already like and plan them into your meals.
Put a check by the foods you are interested in trying.

Flavonoids	DHA (Docosahexaenoic Acid)	Glutathione supporting foods
½ cup per day is associated with a 20% reduction in symptoms of cognitive decline.	Omega-3 fatty acids help with heart and brain health.	Naturally found in our body, this substance helps build and repair tissue, but you need to consume foods that are precursors.
Anthocyanin-rich foods: Blackberries Blueberries Elderberries Grapes Onions Plums Radishes Raspberries Red cabbage Wine Flavone-rich foods: Celery Green chili peppers Oregano Parsley Peppermint Thyme	Algae Herring Mackerel Salmon Sardines Seaweed	Bok choy Broccoli Broccoli sprouts Brussels sprouts Cabbage Cauliflower Chicken or beef bone broth* Green tea Kale Protein-rich foods Turmeric *Contains N-acetyl, cysteine, or NAC