



OPTIMIZING BRAIN HEALTH

Session Three

Healthy Brain Diet

Classes featured: Low-Glycemic Style of Eating, How to Eat a Low-Glycemic Diet

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **The brain health diet** is lower in carbohydrates and mildly ketogenic, plus it's anti-inflammatory.
- **High blood sugars have been shown to increase oxidative stress in the body (aka rusting).**
If you constantly eat foods that spike your blood sugar, your body can become insulin resistant.
- **Insulin resistance** can lead to chronic inflammation and mitochondrial dysfunction, and it can even cause changes in the brain that lead to disease.
- **Focus on consuming low-glycemic foods** that have a score less than 55, and avoid high-glycemic foods with a score above 70.
- **Low-glycemic foods** reduce cravings, avoid the blood sugar rollercoaster, stabilize insulin levels, improve energy levels, support mitochondria, and optimize brain function.
- **Healthy brains thrive on healthy fats**, so focus on eating fats like avocado oil and olive oil.

Tips from the pros to remember:

- Include protein at every meal, and limit beans and legumes.
- Pair low-glycemic fruit with raw nuts or nut butter.
- Make your own salad dressing: 1 part vinegar + 3 parts oil + a dollop of an emulsifier (honey, dijon, molasses) + salt to taste + your favorite herbs and spices.
- Avoid processed ketogenic products because they often contain sugar alcohols and chemical additives you don't need.
- Store avocados in a brown bag to ripen them quickly.



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- Drink 1–2 cups of green tea daily.
- Plan a healthy fat and protein at every meal and snack.
- Go through your cupboards, pantry, and refrigerator, and make a list of what you will get rid of.
- Swap out higher-glycemic carbohydrates for lower-glycemic carbohydrates.
- Begin to wean off processed and sugary beverages, soda, diet soda, sugary coffee and tea beverages, and sports drinks.

Quick notes:

GLYCEMIC INDEX AND FOOD

Glycemic Index (GI) is a ranking of carbohydrate foods on a scale from 0 to 100 according to how much they raise blood sugar (glucose) levels after eating.



Low GI: 1 to 55

Bran cereal
Chickpeas
Green vegetables
Kidney beans
Lentils
Most fruits
Raw carrots

Medium GI: 56 to 69

Bananas
Multigrain/oat bran/rye bread
Oat cereal
Raisins
Raw pineapple
Sweet corn

High GI: 70 to 100

Potatoes
White bread
White rice

Low-GI foods can:

- Reduce cravings and hunger
- Avoid the blood sugar rollercoaster and stabilize your insulin levels
- Improve your energy levels and support your mitochondria
- Support you in optimizing brain function and preventing neurological disease



THERAPEUTIC FOODS FOR BRAIN HEALTH

There are specific nutrients in foods that can help protect your brain health and function. We call these “therapeutic foods for brain health.” Try to eat a variety of foods from each category on this list to get the greatest benefit. Mix it up by swapping in different foods each week.

- Almonds
- Avocado
- Blueberries
- Broccoli
- Buffalo/beef (grass-fed)
- Cauliflower (all cruciferous veggies)
- Raspberries
- Strawberries (all berries)
- Coconut oil (virgin, organic)
- Green tea
- Olive oil (cold-pressed, extra virgin)
- Pomegranate seeds
- Salmon (Wild Alaskan)
- Seaweed
- Spinach

Superpower beverage

Green tea is truly a superpower drink—it supports glutathione and helps your body regulate blood sugar and insulin. Not a fan? Try drinking it cold, mixing it with lemon and herbs, or adding it to a smoothie.