



TOTAL BRAIN HEALTH FAIR STATION

FOOD FOR THOUGHTS

TBH Focus:

Body | *Eat Smart*

The TBH Science:

When it comes to fueling the brain, it's smart to stick to a well-balanced diet that's composed of foods that are low in fat and calories and dense in nutrients. A great example is the Mediterranean diet, which is rich in healthy fats (olive oil, nuts), fresh fruits and vegetables, and whole grains, and has been linked to a decreased risk of dementia. Because obesity is a risk factor for dementia, it's also vital to maintain a healthy weight. And anyone who's at risk of a brain disorder because of a chronic condition such as diabetes or hypertension should eat a specific diet suited to their diagnosis. At the same time, certain foods, such as those that are rich in omega-3 fats—abundant in cold-water fish (salmon, tuna), flaxseeds, and nuts, have been found in studies to lower the risk of dementia and Alzheimer's disease. Similarly, the antioxidants in dark green veggies and brightly colored berries help protect brain cells from damage caused by free radicals. It's also important to limit caffeine and alcohol, which interfere with memory and focus.

You Will Need:

- **A nutritionist who can discuss healthy eating as it applies to the Total Brain Health® Blueprint, managing other medical conditions, such as diabetes and hypertension, etc.**
- **Seating for 10 to 15 people, arranged in a circle or in rows**
- **Hand-outs about brain-healthy eating**
- **OPTIONAL: Samples of brain-healthy foods for participants to try**

How It Works:

The nutritionist will present the TBH science behind Food For Thoughts, offer hand-outs, and, if available, samples of brain healthy foods (list attached).

Variations:

Up the Ante: Invite participants to brainstorm a recipe for a dish that packs a brain-healthy punch. Provide them with a recipe card to fill in.

Make It Easier: Discuss ways to make favorite foods more brain-healthy.



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On the Menu: Brain-Healthy Foods

Here is a list of suggested brain-healthy foods you can offer at your **Food for Thoughts** TBH Station:

- Nuts (in small, sealed bags in case of allergies)
- Dark chocolate
- Dried, chocolate-covered, or fresh fruit, such as blueberries, strawberries, cherries, or cranberries
- Dried seaweed or kale snack chips
- Salmon jerky or smoked salmon
- Water, iced green teas, or berry or fruit juices
- Healthy snack bars, such as fruit and nut bars or granola bars
- Salad or slaw including dark leafy greens such as kale or Swiss chard