

FUEL YOUR MIND, ONE BITE AT A TIME

The Best Foods for Brain Health

Our brains are one of the hungriest organs in our bodies, using nutrients from food to **power memory, focus, and mood**. The right foods can help us **stay sharp, boost mental clarity, and may reduce the risk of cognitive decline as we age**. Here are **brain-friendly choices to easily add to your diet**.

NUTS & SEEDS

Look for: **Walnuts, Chia seeds, Flaxseeds, Pumpkin seeds**

Why they help: Provide essential fats, vitamin E, and zinc — nutrients linked to cognitive health. Walnuts also contain plant-based omega-3s.⁵

OLIVE OIL

Look for: **Extra virgin olive oil (EVOO)** – a key component of the Mediterranean diet

Why it helps: Rich in monounsaturated fats and polyphenols, EVOO has been shown to reduce inflammation and supports healthy blood vessels, promoting efficient delivery of oxygen and nutrients to the brain, which may lower the risk of cognitive decline.⁶

SOY FOODS

Look for: **Tofu, Edamame, Soy milk**

Why they help: Contain plant protein and isoflavones, which have antioxidant and anti-inflammatory effects to protect brain cells.²⁻⁴ Soy also provides choline, a nutrient important for memory and learning.

COCOA & DARK CHOCOLATE

Look for: **70% cocoa or higher for maximum benefit**

Why it helps: Contains flavonoids that have been shown to improve blood flow to the brain, supporting attention and memory.⁷

FISH & SEAFOOD

Look for: **Salmon, Sardines, Mackrel, Trout**

Why they help: High in omega-3 fatty acids (especially DHA) that support brain cell structure and communication.¹
Aim for 2-3 servings per week.

STAY HYDRATED

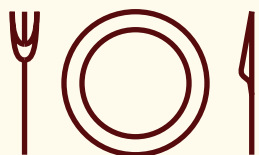
Look for: **6-8 cups of water daily (more if active)**. Herbal teas and water rich fruits count too!

Why it helps: Even mild dehydration can affect focus and mood.⁸

Pro Tip: There's no single superfood for brain health - a **balanced, nutrient rich diet is key**. Start by swapping one snack or meal this week for a brain healthy option, like a handful of walnuts or a tofu stir-fry!

Plant-Based Caesar Salad with Tofu Croutons

This plant-based recipe may **support brain health**,^{2,3} especially when paired with a diet rich in other whole, nutrient-dense foods.



Yield: Four portions
(2 to 3 cups each)



Prep time: 10 minutes
Total time: 30 minutes

Ingredients

- 2 cloves garlic, chopped
- 4 ounces silken tofu
- 2 tablespoons tamari or soy sauce
- 2 tablespoons fresh-squeezed lemon juice
- 2 tablespoons Dijon mustard
- 2 tablespoons nutritional yeast
- 1/4 cup or more vegetable broth or water, as needed
- 4 ounces extra-firm tofu, cut into cubes
- 1 tablespoon tamari
- 2 teaspoons miso (any kind)
- 2 teaspoons rice vinegar
- 1 head romaine lettuce or romaine hearts, cut into fine ribbons to yield 8 to 12 cups
- Freshly ground black pepper

Tofu croutons

1. Heat the oven to 425°.
2. In a lidded container, mix the tamari, miso and rice vinegar. Add the tofu cubes, secure the lid and shake gently to coat. Let marinate for at least 10 minutes.
3. Line a baking sheet with parchment paper. Spread the tofu cubes in a single layer and bake for 10 minutes. Flip the cubes and bake another 5 to 10 minutes, until crispy.

Dressing

1. While the tofu croutons bake, make the dressing. Add the garlic to a blender and blend until finely minced.
2. Add the silken tofu, tamari, lemon juice, mustard, nutritional yeast and broth or water. Blend until smooth and thick but pourable. Refrigerate until ready to use.

Assemble

1. In a large bowl, toss the lettuce with the chilled dressing.
2. Top with crispy tofu croutons.
3. Finish with freshly ground black pepper to taste.

References

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