

HEALTHY FOOD FOR BRAIN

helps to keep your brain in shape

Healthy and regular eating gives the brain energy. This enables you to better focus on study and work.

BRAIN FOOD PYRAMID

Eat at regular intervals: 3 meals and 1 to 3 snacks.
This gives your brain a steady supply of energy throughout the day.



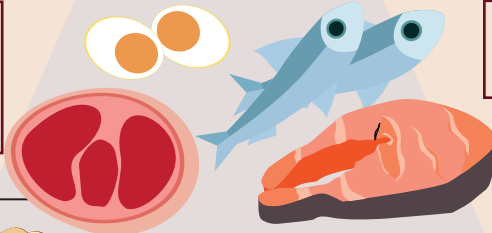
Dark chocolate contains plenty of antioxidants and is good for brain health.

Do not eat cakes and sugary foods too frequently.



Reduce salt consumption. Too much salt raises blood pressure and is harmful for the heart and brain.

The brain needs good quality protein. Meat, fish, eggs, lentils and beans are good sources of protein.



Eat plenty of fish, 2-3 times a week. Use lean meat in cooking.

The brain needs good quality fats. Good quality fats can be found in vegetable oils, such as olive and rapeseed oil, as well as in nuts, seeds and avocado.



Use a moderate amount of oil in cooking. Do not use butter. Use low fat dairy products.

You can get fibre from whole grain bread, fruit, beans, nuts and seeds.



Fibre regulates blood sugar fluctuations and gives the brain a steady source of energy.

Berries, nuts and vegetables contain useful antioxidants for the brain and help to protect the brain from conditions such as Alzheimer's.



Eat plenty of different coloured vegetables, at least 5 handfuls a day.



Drink enough water each day (8 glasses). Water takes care of your brain's metabolism.



Your brain needs water especially when you study and work or sweat. If you drink too little, you may suffer from headaches and your concentration and memory may be weakened.

IMPORTANT!



Vitamin D is formed on the skin under the influence of sunlight. Adequate intake of vitamin D is especially important in winter. Vitamin D is important for bones, the immune system and mental alertness. It is also important for the brain: it maintains memory, learning and reasoning. Vitamin D is obtained from fish and dairy products that are fortified with vitamin D (milk, margarine). It is difficult for people with very dark skin to produce vitamin D.

Vitamins C, E and B as well as choline are important nutrients for the brain. They protect the brain from aging and promote healthy brain function.

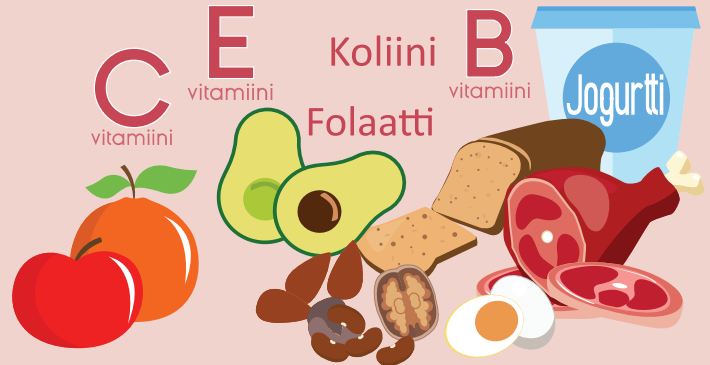
You get vitamin C from berries, fruits.

You get vitamin E from oils, nuts, seeds and avocado.

You get B vitamins such as vitamin B12 from fish, meat, eggs and dairy products.

You get folate from vegetables, whole grains, beans and lentils.

You get choline from egg, bovine liver and nuts.



SUPERFOOD

SEA BUCKTHORN
APPLE
BLUEBERRY
STRAWBERRY



**CAPSICUM/
BELL PEPPER**
SPINACH
BROCCOLI
CAULIFLOWER



BASIL
TURMERIC
GARLIC



COCONUT
ORANGE
GREENTEA
POMEGRANATE



Sources: VRN: Suomalaiset ravitsemussuositukset 2014,
Kohti parempaa aivoterveyttä-opas aivojen hyvinvointiin, Kouvolan seudun muisti ry.
www.muistiliitto.fi | www.muistisalo.fi

Jyväskylä, S. Syö muistaaksesi. Ravitsemus aivoterveysten edistäjänä. Suomen muistiasiantuntijat ry, 2013.
Illustrations and design: Karen Cipre | karencipre.deviantart.com