

Looking after your brain health with your diet.

Did you know that what you eat can support your brain health? A healthy balanced diet can contribute to good mental health and provide a healthy brain throughout your life.

Fruits and Vegetables

These contain lots of vitamins, minerals, and antioxidants that protect your brain.

Aim for at least 5 portions of fruit and vegetables everyday. Try and get a variety too.



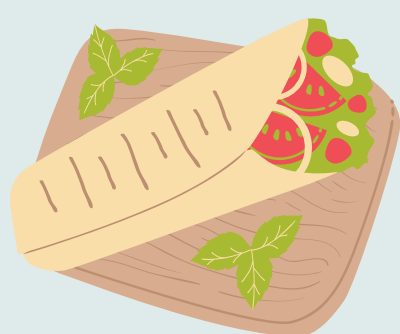
Protein

Protein contains building blocks that are used all around our body. Some blocks play special roles in our brain, producing happy hormones that make us feel good.

Meat, fish, chicken, eggs, beans, lentils, milk and dairy products are good sources of protein.



Top Tip!



Sandwiches, wraps, and bagels are easy and quick ways to incorporate these foods into a meal. Be experimental next time you make a sandwich.

Nuts and Seeds

These are rich in unsaturated fats, vitamins and minerals which help keep our brain cells communicating and happy.

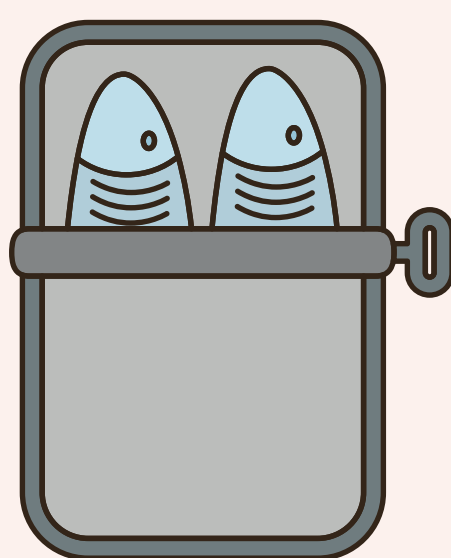


Aim for a variety of unsalted and unroasted nuts: 1-2 tablespoons a day.

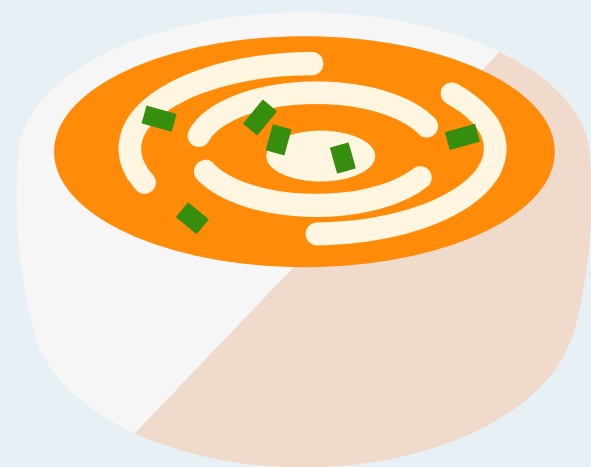
Oily fish and seafood

These contain healthy fats that make the cells in our brain and helps our brain function happily. We should have 2 portions a week.

Focus on sardines, mackerel, anchovies, salmon and herring. If you don't eat fish, find an algae-based omega-3 supplement.



Top Tip!



Soups, chilli and curries are affordable dishes that you can make using ingredients you find in the house. They can be frozen or make good leftovers. Try adding a variety of these brain healthy foods into these dishes.

Carbohydrates

These help our brain to use these special proteins to make the happy hormones and give us lots of energy for our activities.

Look for wholegrain varieties such as bread, wraps, bagels, rice, and pasta. Beans, pulses, fruit and vegetables all count too!

We need carbohydrates with every meal to fuel our bodies and brains.

