

Silicon Benefits, Inc.

June Wellness Newsletter

Best & Worst Brain Foods

Can it be? Your grocery list can help you with your to-do list? The right foods are a kind of clean-burning fuel for your body's biggest energy hog - your brain! Your brain is only 2% of your body's weight, but it makes up 20% of the energy demands on your resting metabolism.

You could be 200% more productive if you learn to make the right eating choices. Stock up on the below items to halt mental decline, help jog your memory, sharpen your senses, improve your performance, activate your feel-good hormones and protect your quick-witted sharpness - no matter your age!!

SHORT-TERM MEMORY

Drink **COFFEE** as this is the ultimate brain fuel. Caffeine has been shown to slow the aging process and enhance short-term memory performance. But be sure not to over do it; energy drinks and too much coffee could be too much of a good thing. If you OD on caffeine, it could interrupt your sleep schedule. Sleep is when your body reboots your mental computer!!

LONG-TERM MEMORY

Eat **BLUEBERRIES** as they help protect the brain from free-radical damage and can also improve your cognitive processing - **THINKING!** They also help reduce your risk of Alzheimer's and Parkinson's disease.

CONCENTRATION

Drink peppermint tea as the scent of peppermint helps you focus, boots performance, makes us more alert and less anxious.

GOOD MOODS AND GRINS

Eat arugula or spinach salad as the leafy greens are rich sources of B Vitamins, which are key components on the assembly line that manufactures feel-good hormones such as serotonin, dopamine and norepinephrine. On the other hand, the lack of B6 can cause nervousness, irritability and even depression. Most of us believe that chocolate is the cure all to the blues. If chocolate is your happiness, grab the darker chocolates - more cacao means more happy chemicals and less sugar (which will eventually pull you down)!

SHAPRER SENSES

Mix in 1 TBSP of flaxseed into salads or smoothies, as it is the best source of alphalinoleic - a healthy fat that improves the working on the cerebral cortex - the area of the brain that processes sensory information, including that of pleasure!

ENERGIZE

Eat **HIGH-PROTEIN SALAD** with vinaigrette as the oil in the dressing will help slow down digestion of protein and carbs in the salad, stabilizing blood-sugar levels and keeping energy levels high. Romaine and spinach add a boost of riboflavin and chicken or hard-boiled eggs provide energizing protein.

THINK FASTER

Eat **SALMON** or **MACKEREL** as the omega-3 fatty acids found in fatty fishes are a primary building block of brain tissue and ramp up your thinking power. Salmon is also rich in niacin, which can help ward off Alzheimer's disease and slow the rate of cognitive decline.

CALM DOWN

Eat **LOW-FAT YOGURT** or **MIXED NUTS** as the lysine in yogurt and arginine in the nuts help reduce stress hormones in our blood. On a side note, sodas can make us three times more likely to be depressed and anxious.