

# The best diet for your brain

## The brain-friendly diet in a nutshell

To increase your mental energy, improve your mood and sharpen your mind, follow these 10 golden rules from Patrick Holford's book "Optimum Nutrition For The Mind."

**Eat whole foods**—whole grains, lentils, beans, nuts, seeds, fresh fruit and vegetables—and avoid refined, white, and overcooked foods.

**Eat five or more servings of fruits and vegetables per day.** Choose dark green, leafy, and root vegetables such as watercress, carrots, sweet potatoes, broccoli, Brussels sprouts, spinach, green beans, or peppers, raw or lightly cooked. Choose fresh fruit such as apples, pears, berries, melon, or citrus fruit. Have bananas in moderation. Dilute fruit juices, and only eat dried fruits infrequently in small quantities, preferably soaked.

**Eat four or more servings per day of whole grains** such as rice, millet, rye, oats, whole wheat, corn, or quinoa as cereal, breads, and pasta.

**Avoid any form of sugar** and foods with added sugar.

**Combine protein foods with carbohydrate foods** by eating cereals and fruit with nuts or seeds, and ensuring you eat starch foods (potato, bread, pasta, or rice) with fish, lentils, beans, or tofu.

**Eat cold-water carnivorous fish.** A serving of herring, mackerel, salmon, or fresh tuna two or three times a week provides a good source of omega-3 fats—or good vegetable protein sources, including beans, lentils, quinoa, tofu (soy), and “seed” vegetables. If eating animal protein, choose lean meat or preferably fish, organic whenever possible.

**Eat eggs**—preferably free-range, organic, and high in omega-3s.

**Eat seeds and nuts.** The best seeds are flax, hemp, pumpkin, sunflower, and sesame. You get more goodness out of them by grinding them first and sprinkling on cereal, soups, and salads.

**Use cold-pressed seed oils.** Choose an oil blend containing flaxseed oil or hemp oil for salad dressings and cold uses, such as drizzling on vegetables, instead of butter.

**Minimize your intake of fried food, processed food, and saturated fat from meat and dairy products.**

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