

Feeding Your Brain

Focusing on a balanced diet helps to maintain an efficient and healthy brain. Explore this fact sheet to discover how your dietary choices can enhance and sustain cognitive brain function!

Boosting Brain Health

Caring for both your brain and body is essential for good health. A child's diet plays an important role in their brain development, memory, and concentration, particularly in an academic setting. Specific nutrients found in various foods contribute to overall brain functions, including memory, learning, attention span, and cognitive abilities.

Nutrient	Food Sources
<p>Omega 3 Fatty Acids: Approximately 60% of the brain is made up of polyunsaturated fatty acids, with DHA, an omega-3 fatty acid, being the most prevalent. This essential nutrient plays a predominant role in ensuring the proper functioning of the central nervous system.</p>	<p>Primarily found in fatty fish and shellfish (salmon, mackerel, sardines, trout, oysters, mussels). Can also be found in nuts, seeds, and oils (flaxseeds, chia seeds, hemp seeds, walnuts, canola oil).</p>
<p>Vitamin D: Vitamin D is present in almost every cell throughout the body, including those in the brain. It is thought to offer protective benefits against cognitive decline, and low levels of vitamin D in the blood may have a negative impact on brain health.</p>	<p>Produced by the body upon exposure to sunlight, it can also be sourced from fatty fish and fortified foods, including milk, breakfast cereals, and orange juice.</p>
<p>B Vitamins: Certain B vitamins play an important role in maintaining nerve function by facilitating proper neural transmission speed and DNA replication. They also aid in the development of neurotransmitters necessary for memory and cognitive abilities.</p>	<p>Can be found in animal sources, including, fatty fish, beef, poultry, and pork. Additionally, it is present in plant sources such as, enriched grains, leafy greens, a variety of fruits and vegetables.</p>
<p>Choline: Choline plays an essential role in fat transport and metabolism. It aids in maintaining proper brain and nervous system function, as well as muscle control and various other bodily functions.</p>	<p>Primarily found in animal-based sources, it can also be found in various plant-based options, including mushrooms, legumes, and cruciferous vegetables.</p>
<p>Antioxidants and Phytonutrients: Antioxidants can safeguard the brain against oxidative damage, helping to avert premature cognitive decline and memory issues. Meanwhile, phytonutrients can positively influence overall brain functions.</p>	<p>Found in a wide array of colorful fruits and vegetables, it can also be sourced from tea, grains, seafood, and Brazil nuts.</p>



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