

TAKE A BRIGHT MINDS APPROACH TO THE FOOD YOU EAT

Based on Memory Rescue’s 10 nutrition principles, here is a look at what you can eat—and what to avoid—from a BRIGHT MINDS viewpoint. Knowing your own personal risk will help you choose the areas to focus on.

BRIGHT MINDS	FOODS TO CHOOSE	FOODS TO LOSE
<p>BLOOD FLOW</p>	<p>SPICES – cayenne pepper, ginger, garlic, turmeric, coriander and cardamom, cinnamon, rosemary and bergamot (cholesterol- lowering properties)</p> <p>ARGININE-RICH FOODS – to boost nitric oxide and blood flow: beets, pork, turkey, chicken, beef, salmon, halibut, trout, steel cut oats, clams, watermelon (l-citrulline that boosts arginine), pistachios, walnuts, seeds, kale, spinach, celery, cabbage and radishes. Drinking nitrate-rich beet juice has been found to lower blood pressure, increase stamina during exercise and, in older people, boost blood flow to the brain</p> <p>VITAMIN B₆, B₁₂ AND FOLATE-RICH FOODS – leafy greens, cabbage, bok choy, bell peppers, cauliflower, lentils, asparagus, garbanzo beans, spinach, broccoli, parsley, cauliflower, salmon, sardines, lamb, tuna, beef and eggs</p> <p>VITAMIN E-RICH FOODS – widen blood vessels and decrease clotting: green leafy vegetables are major sources of vitamin E, in addition to almonds, hazelnuts and sunflower seeds</p> <p>MAGNESIUM-RICH FOODS – relax blood vessels: pumpkin and sunflower seeds, almonds, spinach, Swiss chard, sesame seeds, beet greens, summer squash, quinoa, black beans and cashews</p> <p>POTASSIUM-RICH FOODS – help to control blood pressure: beet greens, Swiss chard, spinach, bok choy, beets, Brussels sprouts, broccoli, celery, cantaloupe, tomatoes, salmon, banana, onions, green peas, sweet potato, avocado and lentils</p> <p>FIBER-RICH FOODS – have been shown to lower blood pressure and improve cholesterol levels</p>	<p>CAFFEINE – shown to constrict blood flow to the brain</p> <p>SUGARY SODAS</p> <p>BAKED GOODS – can lead to clogged arteries, hypertension and heart failure</p> <p>FRENCH FRIES and other foods fried in vegetable oils</p> <p>TRANS FATS – margarine and powdered coffee creamers</p> <p>LOW FIBER “FAST” FOODS</p> <p>More than a moderate amount of alcohol – I recommend no more than two to four normal glasses a week</p>

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BLOOD FLOW	<p>Vitamin C-rich foods – see Immunity</p> <p>POLYPHENOLS-RICH FOODS – see Genetics</p> <p>GARLIC-RICH FOODS – lowers cholesterol</p> <p>OMEGA-3-RICH FOODS – see Inflammation</p> <p>Maca – reduces blood pressure</p>	

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RETIREMENT/ AGING	<p>ANTIOXIDANT-RICH SPICES – cloves, oregano, rosemary, thyme, cinnamon, turmeric, sage, garlic, ginger, fennel</p> <p>ANTIOXIDANT-RICH FOODS – acai fruit, parsley, cocoa powder, raspberries, walnuts, blueberries, artichokes, cranberries, kidney beans, blackberries, pomegranates, chocolate, olive and hemp oil (not for cooking at high temperatures), dandelion green and green tea</p> <p>CHOLINE-RICH FOODS – to support acetylcholine and memory: shrimp, eggs, scallops, chicken, turkey, beef, cod, salmon, shiitake mushrooms, chickpeas, lentils, collard greens</p> <p>ALLICIN-RICH FOODS – see Immunity</p> <p>POLYPHENOLS-RICH FOODS – see Blood Flow</p> <p>VITAMIN B12- AND FOLATE-RICH FOODS – see Blood Flow</p>	<p>SUGAR AND FOODS THAT TURN TO SUGAR – increase AGEs</p> <p>CHARRED MEATS – when cooked at high temps they form HCAs and PAHs, which are associated with cancer (cigarette smoke and car exhaust are also high in these chemicals)</p> <p>TRANS FATS</p> <p>If ferritin or iron levels are high, avoid foods with high dietary iron – red meat, spinach, chard, cumin, soybeans, collard greens, lentils, chickpeas, broccoli, leeks, beans, sprouts, asparagus, kelp, pumpkin and sesame seeds, olives</p>

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INFLAMMATION	<p>ANTI-INFLAMMATORY SPICES – turmeric, cayenne, ginger, cloves, cinnamon, oregano, pumpkin pie spice, rosemary, sage, fennel</p> <p>FOLATE-RICH FOODS – spinach, dark leafy greens, asparagus, turnips, beets, mustard greens, Brussels sprouts, Lima beans, soybeans, beef liver, root vegetables, Kidney beans, white beans, salmon, avocado.</p> <p>OMEGA-3-RICH FOODS – best studied to lower cardiovascular risk and inflammation: flaxseeds, walnuts, salmon, sardines, beef, shrimp, walnut oil, chia seeds, avocado oil</p> <p>PREBIOTIC-RICH FOODS – dandelion greens, asparagus, chia seeds, beans, cabbage, psyllium, artichokes, raw garlic, onions, leeks, root vegetables (sweet potatoes, yams, squash, jicama, beets, carrots, turnips)</p> <p>PROBIOTIC-RICH FOODS – brined vegetables (not vinegar), kimchi, sauerkraut, kefir, miso soup, pickles, spirulina, chlorella, blue-green algae, kombucha tea</p> <p>TART CHERRY JUICE – decreases levels of inflammatory CRP</p> <p>MAGNESIUM-RICH FOODS – see Blood Flow</p> <p>POLYPHENOL-RICH FOODS – see Genetics</p> <p>ALLICIN-RICH FOODS – see Immunity</p> <p>FIBER-RICH FOODS – see Diabetes</p>	<p>HIGH OMEGA-6 VEGETABLES – corn and soybeans</p> <p>HIGH OMEGA-6 VEGETABLE OILS – corn, safflower, sunflower, soybean, canola, cottonseed.</p> <p>SUGAR AND FOODS THAT TURN TO SUGAR – refined grains</p> <p>WHEAT FLOUR</p> <p>TRANS FATS – avoid anything with “partially-hydrogenated” or “vegetable shortening” on the label</p> <p>PROCESSED MEATS – sodium nitrites can combine with amines to form nitrosamines, which are carcinogenic</p> <p>GRAIN-FED MEATS – a source of omega-6s; choose grass-fed whenever possible</p> <p>FOOD ADDITIVES, such as MSG and aspartame</p> <p>ANYTHING THAT DISRUPTS THE GUT LINING – gluten, for instance</p>

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<p>GENETICS</p>	<p>SPICES TO DECREASE BETA AMYLOID – sage, turmeric, cinnamon, cardamom, ginger, saffron;</p> <p>Spices to:</p> <p>DECREASE TAU AGGREGATION – cinnamon</p> <p>FOODS TO DECREASE BETA AMYLOID – salmon, blueberries, curry</p> <p>POLYPHENOL-RICH FOODS – contain quercetin and other ingredients that increase circulation, prevent LDL oxidation and decrease inflammation and beta amyloid plaques: chocolate, green tea, blueberries, kale, red wine, onions, apples, cherries, cabbage</p> <p>COFFEE – 1-2 cups a day is optimal (for the polyphenol quercetin, not the caffeine). Population-based studies report that coffee drinkers have a lower incidence of Parkinson’s and Alzheimer’s disease, but researchers have linked coffee’s benefits to the compound quercetin.</p> <p>VITAMIN B6, B12 AND FOLATE-RICH FOODS - see Blood Flow</p> <p>MAGNESIUM-RICH FOODS - see Blood Flow</p> <p>VITAMIN D-RICH FOODS - see Immunity</p> <p>A KETOGENIC (VERY LOW CARBOHYDRATE) DIET has been shown to decrease beta amyloid in animal models</p>	<p>MEALS WITH HIGH GLYCEMIC-INDEX FOODS AND LOTS OF SATURATED FAT – think fast-food pizza, ribeye steak and mashed potatoes, pancakes with syrup and bacon</p> <p>PROCESSED CHEESES AND MICROWAVE POPCORN – they contain diacetyl, a chemical that increases beta amyloid</p>

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HEAD TRAUMA	<p>SPICES TO SUPPORT BRAIN HEALING – turmeric, peppermint</p> <p>Choline-rich foods – to boost acetylcholine: shrimp, eggs, scallops, sardines, chicken, turkey, tuna, cod, beef, collard greens, Brussels sprouts</p> <p>OMEGA-3-RICH FOODS – to support nerve cell membranes - see Inflammation</p> <p>OTHER ANTI-INFLAMMATORY FOODS – see Retirement/Aging</p> <p>ZINC-RICH FOODS – see Immunity</p>	<p>ALCOHOL</p> <p>CAFFEINE – constricts blood flow</p> <p>SUGAR – promotes inflammation and prevents healing</p> <p>FRIED FOODS</p> <p>PROCESSED FOODS</p>

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TOXINS	<p>FOODS THAT NOURISH YOUR LIVER</p> <ul style="list-style-type: none"> • Green leafy vegetables for folate, an essential detoxification nutrient • Protein-rich foods, including eggs • Brassicas (any color cabbage, Brussels sprouts, cauliflower, broccoli, kale) for detox. Consuming more brassicas also has been found to lower breast cancer risk. • Oranges and tangerines (vitamin C/limonene) • Berries • Sunflower or sesame seeds (high in cysteine) • Caraway and dill seeds (limonene) 	<p>FOODS THAT INHIBIT LIVER DETOXIFICATION</p> <p>PROCESSED MEATS, such as bacon, smoked turkey (contain nitrosamines, which cause the liver to produce fats that are toxic to the brain)</p> <p>Grapefruit</p> <p>Capsaicin from red chili peppers</p> <p>Conventionally raised produce (pesticides and herbicides), dairy (hormones and antibiotics), meats (hormones, antibiotics, grain-fed), farmed fish (grain-fed, PCBs)</p>

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TOXINS	<p>FOODS THAT NOURISH YOUR KIDNEYS</p> <ul style="list-style-type: none"> • Water – drink 120 ounces a day • Spices to support detoxification – clove, rosemary, turmeric • Nuts and seeds – such as cashews, almonds and pumpkin seeds for magnesium • Green leafy vegetables • Citrus fruits, except grapefruit • Beet juice – for circulation and endurance • Ginger for its anti-inflammatory properties • Blueberries (increase filtration rate in kidneys), raspberries, strawberries, blackberries • Garlic • Sugar-free chocolate – increases blood flow <p>THE FOODS THAT NOURISH YOUR SKIN</p> <ul style="list-style-type: none"> • Water • Green tea • Colorful fruits and vegetables for antioxidants – especially organic berries, kiwi, oranges, tangerines, pomegranates, broccoli and peppers • Avocados • Olive oil • Almonds, walnuts, sunflower seeds • Wild salmon • Sugar-free chocolate 	<p>FOODS THAT INHIBIT KIDNEY DETOXIFICATION</p> <p>Too much animal protein</p> <p>Excess salt</p> <p>Excess phosphates (processed cheeses, canned fish, processed meats, flavored water, sodas, nondairy creamers, bottled coffee drinks and ice teas)</p>

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MENTAL HEALTH	<p>SPICES TO SUPPORT MENTAL HEALTH – saffron, turmeric (curcumin), saffron plus curcumin, peppermint (attention), cinnamon (attention, ADHD, irritability)</p> <p>DOPAMINE-RICH FOODS – for focus and motivation: turmeric, theanine from green tea, lentils, fish, lamb, chicken, turkey, beef, eggs, nuts and seeds (pumpkin and sesame), high protein veggies (such as broccoli and spinach), protein powders</p> <p>SEROTONIN-RICH FOODS – for mood, sleep, pain and craving control: Combine tryptophan-containing foods, such as eggs, turkey, seafood, chickpeas, nuts and seeds (building block for serotonin), with healthy carbohydrates, such as sweet potatoes and quinoa, to elicit a short-term insulin response that drives tryptophan into the brain. Dark chocolate also increases serotonin</p> <p>GABA-RICH FOODS – for anti-anxiety: broccoli, almonds, walnuts, lentils, bananas, beef liver, brown rice, halibut, gluten-free whole oats, oranges, rice bran, spinach</p> <p>CHOLINE-RICH FOODS – see Head Trauma</p> <p>FRUITS AND VEGETABLES – up to 8/day helps moods</p> <p>GREEN TEA</p> <p>MACA – this root vegetable/medicinal plant, native to Peru, has been shown to reduce depression</p> <p>OMEGA-3-RICH FOODS – to support nerve cell membranes and serotonin; see Inflammation</p> <p>ANTIOXIDANT-RICH FOODS – see Retirement/Aging</p> <p>MAGNESIUM-RICH FOODS – for anxiety; see Blood Flow</p> <p>ZINC-RICH FOODS – see Immunity</p> <p>VITAMIN B6, B12, FOLATE-RICH FOODS – see Blood Flow</p> <p>PREBIOTIC-RICH FOODS – see Inflammation</p> <p>PROBIOTIC-RICH FOODS – see Inflammation</p>	<p>PRO-INFLAMMATORY FOODS – SEE INFLAMMATION, PAGE TK</p> <p>ALCOHOL</p> <p>ASPARTAME</p> <p>CAFFEINE</p>

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IMMUNITY/ INFECTIONS	<p>IMMUNITY-BOOSTING SPICES – cinnamon (antimicrobial activity), garlic, turmeric, thyme, ginger, coriander</p> <p>ALLICIN-RICH FOODS – to boost immunity: raw, crushed garlic, onions and shallots; garlic is also a triple threat against infections due to its antibacterial, antiviral and antifungal properties</p> <p>VITAMIN C-RICH FOODS – natural blood thinners to boost circulation: oranges, tangerines, kiwifruit, berries, red and yellow bell peppers, dark green leafy vegetables (such as spinach and kale), broccoli, tomatoes, peas</p> <p>VITAMIN D-RICH FOODS – fatty fish, including salmon (511 IUs in 4 oz.), sardines, tuna; eggs; mushrooms (maitake, morrel, shiitake); beef liver, cod liver oil</p> <p>ZINC-RICH FOODS – oysters, beef, lamb, spinach, shiitake and cremini mushrooms, asparagus, sesame and pumpkin seeds</p> <p>MUSHROOMS – shiitake, white button, portabella</p> <p>SELENIUM-RICH FOODS – nuts (especially Brazil nuts), seeds, fish, grass-fed meats, mushrooms</p> <p>PREBIOTIC-RICH FOODS – see Inflammation</p> <p>PROBIOTIC-RICH FOODS – see Inflammation</p>	<p>WESTERN DIET – including fast foods and processed foods</p> <p>SODAS – including diet sodas</p> <p>SIMPLE SUGARS – including table sugar and honey</p> <p>HIGH OMEGA-6S – found in most vegetable oils (corn, soybean, sunflower, safflower)</p> <p>FRIED FOODS</p> <p>PESTICIDE-LADEN FOODS – choose organically grown/raised food whenever possible</p> <p>GLUTEN</p>

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<p>NEUROHORMONES</p>	<p>FIBER-RICH FOODS – including those that contain lignin: green beans, peas, carrots, seeds, and Brazil nuts. Lignin binds harmful estrogens in the digestive tract, so they can be excreted in the feces instead of being reabsorbed. Dietary fiber also improves the composition of intestinal bacteria, so that harmful estrogen metabolites can be excreted from the body. It also decreases the conversion of testosterone into estrogens, maintaining a healthy testosterone level.</p> <p>HORMONE-SUPPORTING SPICES – garlic, licorice, sage, parsley, anise seed, red clover, hops (see below)</p> <p>EGGS – many hormones are made from cholesterol, so make sure you have enough cholesterol in your diet</p> <p>TESTOSTERONE-BOOSTING FOODS – pomegranate, olive oil, oysters, coconut, brassicas (including cabbage, broccoli, Brussels sprouts, cauliflower), whey protein, garlic</p> <p>ESTROGEN-BOOSTING FOODS – soybeans, flaxseeds, sunflower seeds, beans, garlic, yams, foods rich in vitamins C and Bs, beets, parsley, anise seed, red clover, licorice, hops, sage</p> <p>THYROID-BOOSTING FOODS (SELENIUM-RICH) – seaweed and sea vegetables, brassicas, maca</p> <p>PROGESTERONE-BOOSTING FOODS – chasteberry, plus magnesium-rich foods; see Blood Flow</p> <p>ZINC-RICH FOODS – to boost testosterone: see Immunity</p> <p>PREBIOTIC- AND PROBIOTIC-RICH FOODS – see Inflammation</p>	<p>SUGAR AND SIMPLE CARBOHYDRATES – cause unfriendly flora to grow in the GI tract and disrupt estrogen metabolism. These foods also raise blood sugar and insulin levels, adversely influencing sex hormone balance</p> <p>PROTEIN FROM ANIMALS RAISED WITH HORMONES OR ANTIBIOTICS – Look for grass-fed, hormone-free, antibiotic-free organic beef and chicken; they are richer in omega-3 fatty acids, which will reduce inflammation and help your hormone receptors to function properly. Also, eat organic vegetables, fruits, nuts, seeds, beans and grains</p> <p>PROCESSED FOODS</p> <p>GLUTEN</p> <p>SOY PROTEIN ISOLATE</p> <p>EXCITOXINS – Substances that can kill neurons, including MSG, aspartame, hydrolyzed vegetable protein, sucralose, “natural flavors” (these often contain MSG)</p> <p>FOODS/DRINKS THAT LOWER TESTOSTERONE LEVELS – spearmint tea, soy and licorice</p>

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<p>DIABESITY</p>	<p>SPICES – cinnamon, turmeric, ginger, cumin, garlic, cayenne, oregano, marjoram, sage, nutmeg</p> <p>FIBER-RICH FOODS – to balance cholesterol and blood pressure: psyllium husk, navy beans, raspberries, broccoli, spinach, lentils, green peas, pears, winter squash, cabbage, green beans, avocados, coconut, figs, artichokes, chickpeas, hemp and chia seeds</p> <p>POLYPHENOL-RICH FOODS/DRINKS – especially green tea, coffee, blueberries; see Genetics</p> <p>PROTEIN-RICH FOODS – eggs, meats, fish</p> <p>BEST VEGETABLES – low glycemic, such as celery, spinach, broccoli, brassicas (broccoli, Brussels sprouts, cauliflower)</p> <p>BEST FRUITS – low glycemic, such as apples, oranges, blueberries, raspberries, blackberries, strawberries</p> <p>OMEGA-3-RICH FOODS – see Inflammation</p> <p>MAGNESIUM-RICH FOODS – see Blood Flow</p> <p>VITAMIN D-RICH FOODS – see Immunity/Infections</p>	<p>HIGH-GLYCEMIC, LOW FIBER FOODS – such as white and wheat bread, pasta, white potatoes, rice</p> <p>SUGAR – has no nutritional benefit; depletes chromium and other valuable vitamins and minerals</p> <p>CORN, PEAS</p> <p>PROCESSED FOODS</p> <p>DRIED FRUITS – prunes; dried apricots, figs, cranberries; raisins; dates</p> <p>HIGH GLYCEMIC FRUITS – such as pineapple, watermelon, ripe bananas</p>

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<p>SLEEP</p>	<p>SLEEP-ENHANCING SPICES – ginger root</p> <p>MELATONIN-RICH FOODS – the hormone of sleep: tart cherry juice concentrate (also improves antioxidant status), sour cherries, walnuts, ginger root, asparagus, tomatoes</p> <p>SEROTONIN-RICH FOODS – see Mental Health</p> <p>MAGNESIUM-RICH FOODS – to reduce anxiety: see Blood Flow</p> <p>HEALTHY CARBOHYDRATES – such as sweet potatoes, quinoa and bananas (magnesium, too) can increase tryptophan, which increases serotonin and improves sleep</p> <p>CHAMOMILE OR PASSION FRUIT TEA</p>	<p>ALCOHOL, INCLUDING WINE – hard liquor is worse for your brain; snoring is worse with alcohol—be nice to your bed partner</p> <p>CAFFEINE – including dark chocolate (which also contains theobromine)</p> <p>ENERGY DRINKS (duh!)</p> <p>SPICY FOODS – especially at night</p> <p>GRAPEFRUIT – due to acidity may cause heartburn at night)</p> <p>FOODS THAT CONTAIN DIURETICS – celery, cucumbers, radishes, watermelon (they will keep you up going to the bathroom)</p> <p>FOODS THAT CONTAIN TYRAMINE – it increases norepinephrine, a stimulating neurotransmitter: tomatoes, eggplant, soy, red wine, aged cheeses</p> <p>UNHEALTHY FATTY FOODS – such as burgers, fries and cheese pizza, which all have harder-to-digest saturated fats</p> <p>BLACK BEAN CHILI – it will keep your GI tract rumbling</p> <p>HIGH PROTEIN FOODS – they are harder to digest</p>