

Nutrition for Brain Health and Better Memory

- Mediterranean eating to protect the aging brain. Aim for whole foods including colorful fruits and vegetables, whole grains, beans, legumes, olives, olive oil, nuts, seeds, avocado and fatty fish. Cultured dairy items like yogurt and kefir are used moderately; cheese, eggs and chicken sparingly; and red meat rarely.
- Keep the following foods in your pantry: Berries, walnuts, almonds, hazel nuts, sunflower seeds, broccoli, spinach, fish, beets, avocado, dark chocolate 70% cocoa content or higher, green tea. They may benefit the brain by protecting against inflammation, strengthening blood vessels, improving circulation, reducing oxidative damage, slowing the build-up of plaque, improving cognition and reducing the risk of dementia.
- Seasoning your brain: Herbs, spices and seasonings that may bolster brain function
- Include: Garlic, ginger, turmeric, curry, saffron, cinnamon, chamomile and peppermint tea.
- Supplements: Consider a well-balanced multivitamin/mineral formula and possibly an omega 3 supplement if you hardly eat fish. Have your vitamin B12 checked.
- Stay hydrated: Approximately one 8-ounce cup of water for every 20 lbs. of body weight.
- Foods to reduce/avoid: Refined sugars, artificial sweeteners, white flour, saturated fats, hydrogenated fats (avoid) diet soda, deep fried foods, processed foods, artificial colors and flavors.

Six Step Summary for Cognitive Health (Harvard Health Publication)

- Eat a plant-based diet
- Exercise regularly
- Get enough sleep
- Manage your stress
- Nurture social contacts
- Continue to challenge your brain

Shmuel Shields, Ph.D., is a nutritionist with 30 years of experience as a clinician and educator. Dr. Shields is a popular guest speaker in the Jewish Community and served as an adjunct faculty member at New York University. He is the author of **L'Chaim: 18 Chapters to Live By**, the inspirational Torah based book on health, which has a Haskama from HaRav Shmuel Kamenetsky, shlita. To order his book, or schedule a consultation call **718-544-4036** or email: **rmshields62@gmail.com**