

# Food Checklist



What we put in our body can actually affect our moods, so it's important that we feed the body the correct foods – healthy body = healthy mind. This is especially important if you suffer from mental health issues and/or disorders, but can be helpful to anyone. Food for the soul! Here's a list of some of the foods that can help you think and feel better. ✓ Tick the foods that are currently part of your weekly consumption.

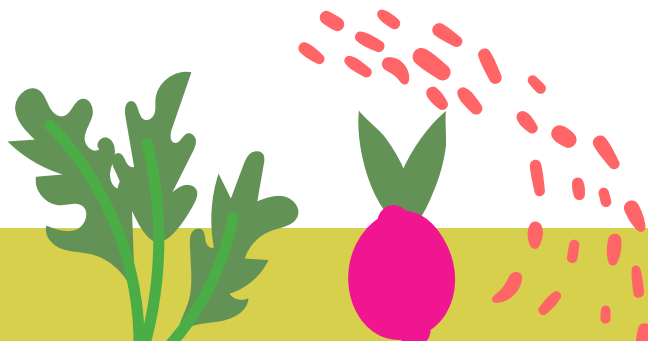
	Yes	No	How often?
<p><b>1. Beans</b> - Beans are also one of the top food choices for a happy, healthy brain? Beans also contain thiamine, a vitamin needed for the production of acetylcholine (the neurotransmitter essential for memory)</p>			
<p><b>2. Leafy greens</b> - According to a study<sup>1</sup> published in Neurology, people who regularly consumed daily servings of leafy greens such as spinach, kale and collard greens have a slower rate of cognitive decline compared to those who avoided piling their plates with greens.</p>			
<p><b>3. Walnuts</b> - They look like a brain for a reason. Walnuts are full of antioxidants, helping to inhibit oxidation in the brain and body. Even more amazingly, these nuts can also lead to the growth of new neurons – basically, this means walnuts can help us to grow new brain cells, an essential aspect of maintaining good mental health.</p>			
<p><b>4. Wholegrain</b> - According to studies, wholegrain are a rich source of tryptophan, an amino acid that helps to produce serotonin (aka, the 'feel good hormone'). Serotonin assists in calming the mind, improving your mood and maintaining a steady sleep cycle.</p>			
<p><b>5. Yoghurt</b> - Many people enjoy yoghurt for the added benefit of probiotics (which help your digestive system to run smoothly), however recent research has stated that, thanks to the brain-gut connection<sup>2</sup>, probiotics found in cultures such as yoghurt can also impact a person's mental health, assisting in lowering levels of stress, anxiety and depression.</p>			
<p><b>6. Berries</b> - Strawberries, blueberries, raspberries and blackberries. Antioxidants assist in repairing cells, as well as assisting in combating inflammation caused by free radical damage, these antioxidants have also been found<sup>3</sup> to assist in improving symptoms associated with anxiety and depression. As an added bonus, berries (blueberries and strawberries) have been found to improve memory, concentration and attention span.</p>			
<p><b>7. Oily fish</b> - Contain a fatty acid known as DHA. DHA is an Omega-3 fatty acid, which helps improve both short and long-term memory, contributing to optimal brain health. Additionally, a diet high in Omega 3 fatty acids can also help to boost feelings of mental health and wellness and reduce levels of anxiety. Find DHA in 'oily' fish such as salmon, trout and prawns, or if you're not keen on seafood, a fish oil supplement.</p>			

1. <https://www.ncbi.nlm.nih.gov/pubmed/29263222>  
 2. <https://www.promisesbehavioralhealth.com/addiction-recovery-blog/yogurt-can-affect-brain-function/>  
 3. <https://www.mentalflow.com/article/62402/8-surprising-benefits-antioxidants>

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	Yes	No	How often?
<p><b>8. Lean Protein</b> - Next to carbohydrates, protein is the most abundant substance in the body. The amino acid tryptophan, a building block of protein, influences mood by producing the neurotransmitter serotonin. Sometimes called nature's Prozac, serotonin is associated with depression. Lean protein sources, including fish, turkey, chicken, eggs, and beans, help keep serotonin levels balanced. Even more important are complex carbohydrates, which actually facilitate the entry of tryptophan into the brain, reducing the symptoms of depression and anxiety and improving overall cognitive functioning.</p>			
<p><b>9. Coffee</b> - Contains a high amount of brain-stimulating antioxidants, and studies have shown that regular coffee drinkers experience a decreased risk for dementia<sup>4</sup>.</p>			
<p><b>10. Egg Yolks</b> - The vitamins found in an egg yolk are crucial to supporting memory and increasing communication among brain cells<sup>5</sup>.</p>			
<p><b>11. Beets</b> - The natural nitrates<sup>6</sup> in beets are great for improving blood flow to the brain and enriching mental performance.</p>			
<p><b>12. Broccoli</b> - Great for both the mind and the body, broccoli is high in vitamin K<sup>7</sup> and choline, two ingredients which have been shown to improve episodic memory performance.</p>			
<p><b>13. Dark Chocolate</b> - Finally, a viable excuse to indulge. Flavonoids<sup>8</sup> found in dark chocolate improve blood flow to the brain and can boost memory, attention span, reaction time, and problem-solving skills.</p>			
<p><b>14. Avocados</b> - Avocados are a good source of lutein<sup>9</sup>, an ingredient related to improved cognition. The monounsaturated fats in avocados help to keep blood pressure levels in check, which is a key to preventing Alzheimer's.</p>			
<p><b>15. Rosemary</b> - One of the main components of rosemary is carsonic acid<sup>10</sup>, which helps to protect the brain from the chemicals linked to neurodegeneration, Alzheimer's, and aging.</p>			



4. <https://fortune.com/2016/10/04/drinking-coffee-dementia/>  
 5. [https://www.nj.com/healthfit/2017/05/how\\_eggs\\_can\\_help\\_boost\\_your\\_brain\\_power.html](https://www.nj.com/healthfit/2017/05/how_eggs_can_help_boost_your_brain_power.html)  
 6. <https://www.sciencedaily.com/releases/2010/11/101102130957.htm>