



# Eat Smarter

## Food for Thought

The brain uses the glucose found in carbohydrates as fuel. Complex, slow-digesting carbs packed full of nutrients and fibre ensure a consistent supply of mental energy. Starchy vegetables (like sweet potatoes), beans, whole fruits (eat the fruit, skip the juice), peas, lentils, brown or wild rice and quinoa are all good sources of complex carbohydrates.

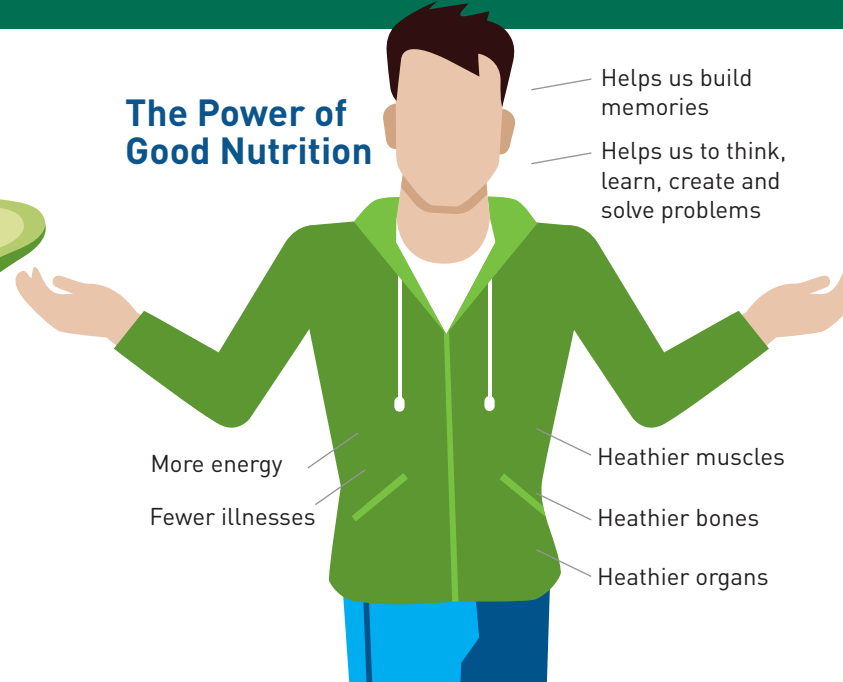
Avoid simple carbohydrates (white bread, white rice, white potatoes) and sugary foods and drinks as much as possible.

**“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”**

– Thomas Edison



## The Power of Good Nutrition



Helps us build memories

Helps us to think, learn, create and solve problems

More energy

Fewer illnesses

Heathier muscles

Heathier bones

Heathier organs

# The 7 Keys to Eating Smarter



## Key #1: Hydrate



## Key #2: Eat healthy fats



## Key #3: Eat foods with more nutrients and fewer calories

## Key #4: Eat mostly plants



## Key #5: Eat healthy proteins



## Key #7: Eat anti-inflammatory foods



## Key #6: Eat healthy carbs



## Eat Smarter to Perform Better

Eating high quality, healthy fat foods speed up communication between brain cells, called neurons. We have 80-100 billion neurons in our brains, and each one has thousands of connections to other neurons. These connections are what enable us to think, learn, create, solve problems and build memories. Examples of healthy fat foods that can improve brain function and health include cold-water fish, olive oil, coconut, avocado and nuts like almonds or walnuts.