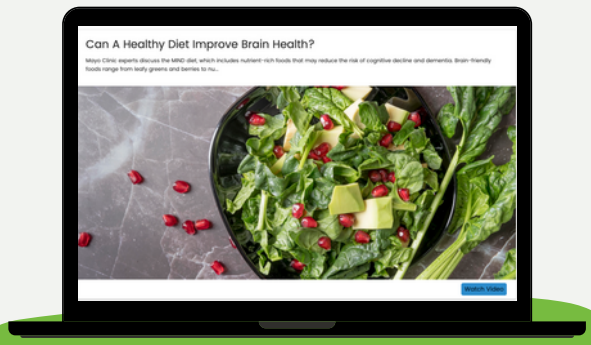
Healthy Habits

FUEL YOUR BRAIN WITH A BALANCED DIET

A healthy brain starts with a healthy plate! Nutrition plays a powerful role in supporting brain health and can help reduce the risk of conditions like dementia and protect against cognitive decline. Certain nutrients in foods can assist in maintaining or improving cognitive function. The Academy of Nutrition and Dietetics highlights key nutrients that are essential to a healthy brain:

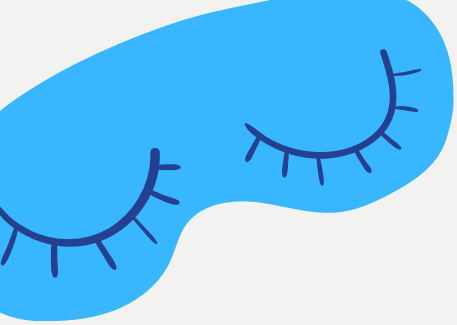
- **Omega-3 fatty acids:** Found in fish like salmon, herring, and mackerel, as well as plant-based sources like flaxseeds, walnuts, and chia seeds, omega-3s help keep your mind sharp.
- **Choline:** This essential nutrient, found in poultry, mushrooms, fish, and eggs, supports a healthy metabolism and promotes brain function, muscle control, and nervous system health.
- **Vitamin D:** Sunlight is an excellent source of vitamin D—just don't forget to wear sunscreen! Salmon, trout, and milk are also great vitamin D sources.

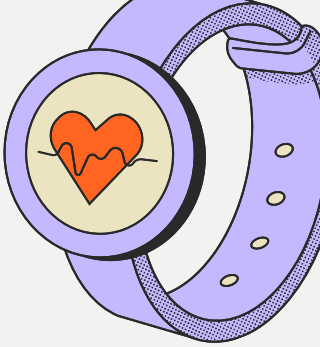


Watch this video from Mayo Clinic to learn more about how a balanced diet impacts brain health

- **B Vitamins:** B vitamins (B6, B12, and folate) help regulate homocysteine, an amino acid linked to an increased risk of dementia when elevated. Add yogurt, sweet potatoes, almonds, or avocado to boost B vitamins.
- **Antioxidants:** Colorful fruits and vegetables are packed with antioxidants and phytonutrients that support brain function, protect cells, and reduce damage caused by chronic stress.

If you completed a screening with Empower Health Services, explore additional health and wellness resources on empower.health!
Simply scan the QR code and click the download icon to install the app on your mobile device.





KEEP YOUR HEART STRONG AND YOUR MIND SHARP

Did you know that a heart-healthy lifestyle also supports brain health? According to the American Heart Association, up to 80% of brain diseases are linked to cardiovascular issues. Fortunately, adopting healthy habits can benefit both your heart *and* your mind.

If your job requires you to spend most of the workday at your desk, take breaks throughout the day to stretch, walk, and move your body. Regular physical activity doesn't just lower your risk of heart disease and stroke, it also helps protect against memory loss and cognitive decline. Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week to keep your body and brain at their best.

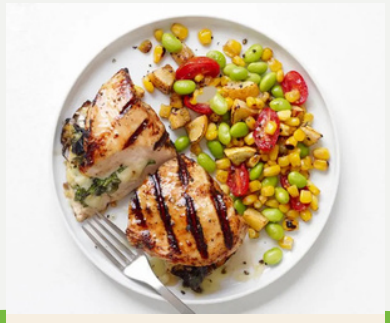
Your brain health is closely linked to your sleep patterns. The AHA recommends 7 to 9 hours of sleep per night to help you stay energized and mentally sharp throughout the day.

Small, consistent changes to your daily routine can make a big difference in your long-term brain health and help you stay more focused and energized every day.

JUNE RECIPES

HEALTHY SUMMER PASTA SALAD

GET RECIPE



PEPPER-JACK CHICKEN WITH SUCCOTASH

GET RECIPE

BBQ SPAGHETTI SQUASH SLIDERS

GET RECIPE

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