



Dietary Recommendations

Serenity Health Care Center has put together a dietary program that will help you; feel more alert and focused, have more stable moods, enjoy a better memory. have more energy, enjoy the kind of restful sleep that will help you wake up more refreshed and able to face your day, improve your digestion, decrease chronic sinus problems, experience pain-free joints, and eliminate headaches.

Eat Real Food: Eat whole, real, fresh, organic, local and unprocessed food. If it has a label or a barcode, you probably should avoid it. If your great-grandmother would not recognize it, then don't eat it. Do you think she would know what a Lunchable, Go-gurt, or Snackster is?

Boost Phytonutrients–The Brain Protectors: Eat a lot of fruit and vegetables full of colorful phytonutrients. All the dark, deep reds, yellows, oranges, greens, and blues in food are a sign of powerful anti-inflammatory, detoxifying and antioxidant, energy-boosting, brain-powering molecules. So enjoy those blueberries and dark leafy greens like kale.

Brain Food–The Right Carbs: Eat foods with plenty of fiber, like beans, whole grains, nuts, and seeds. This keeps the toxins moving out of your body and keeps your gut bacteria healthy. And a healthy gut is a healthy brain!

Become a Fat Head: Sixty percent of your brain is made of the omega-3 fat DHA, which comes from algae and fish. Eat omega-3-rich foods like sardines, walnuts, wild salmon, and flax seeds.

Protein for Brain Power: Eat protein for breakfast every day, such as omega-3 eggs, soy or rice protein shakes, or nut butter.

Eat Early and Eat Often: Eat something every 3 to 4 hours and finish your last meal or snack 2 to 3 hours before bed

Stop Poisoning Your Brain: Eliminate sugar, high-fructose corn syrup, coffee, alcohol, trans fats, and food additives and preservatives, all of which poison your brain and disrupt your biochemistry.