

# FOOD FOR THOUGHT

## Fish

Salmon is a natural source of Omega-3. Omega-3 is a fatty acid that will boost your HDL (Good Cholesterol) levels in your bloodstream. Those Omega-3 fatty acids also help your brain work better and improve your memory. In conjunction with Vitamins A and D, amino acids and selenium those acids also protect your nervous system from the deteriorating effects of aging. This makes salmon work as a natural anti depressant. Alzheimer's and Parkinson diseases are two of the biggest fears facing you as you age. The consumption of salmon has been shown to lower your risk of developing those diseases. Omega-3 acids also help prevent blood clots which can lessen your chances of having strokes. Look for and purchase wild caught Alaskan Salmon. Don't be scared of the bones you find in some canned salmon. The bones are a good source of calcium and are healthy for you. They are eatable but if you prefer you can remove them or smash them up before cooking.

Extra Miscellaneous Benefits: The health benefits of eating salmon also include speeding up your metabolism. This facilitates your sugar absorption rate and can lower your blood sugar level. Which in turn lowers your risk of developing diabetes. The Omega-3 acids and amino acids help prevent macular degeneration. This is an age-related condition that affects older people that can result in vision damage and loss. If you want shiny hair, bright eyes and healthy skin salmon consumption can do provide that as well. Credit those Omega-3 fatty acids and selenium in the salmon for that. Four ounces of wild salmon gives you a full day's required amount of Vitamin D. that same amount of salmon also gives you more than half of the B12, niacin and selenium that you need daily. In addition, that four ounce serving of salmon gives you almost thirty grams of protein. That is more than half of the Food and Drug Administration's recommended daily amount.

Light Tuna is also a natural source of Omega-3 and shares the same benefits as Salmon. It is high in protein and doesn't contain any fats. It is a good food choice for dieting because it also doesn't contain any carbohydrates. A diet high in tuna may improve your mood and save you stress. The EPA of Omega-3 fatty acids improves flow of blood and may affect both hormones and the immune system, each of which have an important effect on brain function. DHA is used in ion channels in the brain, helping transmit electrical signals, and is involved in serotonin metabolism, a key factor in depression. Along with its omega-3s, the selenium contained in tuna is a crucial element in the production of glutathione peroxidase. This important antioxidant is critical for a healthy liver, the organ responsible for detoxifying and ridding the body of harmful compounds like pesticides, drugs, and heavy metals. Selenium is also known to help prevent cancer and heart disease.



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## Avocado

They have the highest protein of any fruit and they're great for lowering your cholesterol.

Half an avocado contains 3.4 grams of fibre, including soluble and insoluble, both of which your body needs to keep the digestive system running smoothly. Plus, soluble fibre slows the breakdown of carbohydrates in your body, helping you feel full for longer.

Avocados also contain oleic acid, a fat that activates the part of your brain that makes you feel full. Healthier unsaturated fats containing oleic acid have been shown to produce a greater feeling of satiety than less-healthy saturated fats and trans fats found in processed foods.

High in folate - a vitamin which cuts the risk of birth defects. If you're pregnant—or planning to be—avocados will help protect your unborn baby. A high folate intake is also associated with a lower risk of heart attacks and heart disease.

Better Nutrient Absorption Research has found that certain nutrients are absorbed better when eaten with avocado. In one study, when participants ate a salad containing avocados, they absorbed five times the amount of carotenoids (a group of nutrients that includes lycopene and beta carotene) than those who didn't include avocados.



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## Blueberries

They barely have any calories but they are loaded with antioxidants. They are known to prevent cancer, heart disease, obesity, premature aging, etc. They also protect the brain from cell damaging free-radicals.

They help prevent and fight urinary tract infections.

Blueberries are packed with vitamin C. In just one serving, you can get 14 mg of Vitamin C – almost 25 percent of your daily requirement. Vitamin C aids the formation of collagen and helps maintain healthy gums and capillaries. It also promotes iron absorption and a healthy immune. Also high in manganese, which plays an important role in bone development. Blueberries are also a good source of dietary fiber, which contributes to heart health, helping to keep cholesterol in check. A handful of blueberries can help you meet your daily fiber requirement.



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## Nuts

**ALMONDS:** A small handful of gives you almost 25% percent of your daily needs for magnesium, and more bone-strengthening calcium as an equal amount of cow milk. They are also high in many antioxidants, such as vitamin E and selenium. Studies show that almonds may play an important role in preventing colon cancer due to their high fiber content. Almonds also help us to actually lower negative forms of cholesterol in the blood stream.

**WALNUTS:** One of the best nuts on earth, walnuts may actually increase our brain function. Studies show that consumption of walnuts is related to heart-health, better cognitive function, as well as the reduction of skin and bone conditions. Packed full of an antioxidant known as ellagic acid, researchers have shown that walnuts contain 16 disease-fighting polyphenols.

**PINE NUTS:** Just one shot glass full of pine nuts every day can help suppress hunger. Pine nuts contain pinolenic acid, a naturally occurring fat that stimulates cholecystokinin (CCK) and glucagon-like peptide (GLP-1), both powerful hormones that alert the brain that the stomach is full. In one study, women who consumed pinolenic acid reported a decreased desire to eat and also reduced their food intake by 36%. These small nuts also contain the highest protein content of any nut, so they're a great two-for-one deal!



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## Quinoa (Keen-wha)

One of the most protein-rich foods we can eat. It is a complete protein containing all nine essential amino acids. Quinoa contains almost twice as much fiber as most other grains. Fiber is most widely known to relieve constipation. It also helps to prevent heart disease by reducing high blood pressure and diabetes. Fiber lowers cholesterol and glucose levels, may lower your risk of developing hemorrhoids and may help you to lose weight as it takes a longer time to chew than does other foods because it makes you feel fuller for longer and is less “energy dense” which means it has fewer calories for the same volume of food.

Quinoa is rich in magnesium. Magnesium helps to relax blood vessels and thereby to alleviate migraines. Magnesium also may reduce Type 2 diabetes by promoting healthy blood sugar control. Other health benefits of magnesium include transmission of nerve impulses, body temperature regulation, detoxification, energy production, and the formation of healthy bones and teeth.

Quinoa is high in Riboflavin (B2). B2 improves energy metabolism within brain and muscle cells and is known to help create proper energy production in cells.



# FOOD FOR THOUGHT

## Dark chocolate

If you need a little sweet pick me up - reach for Dark chocolate! Look for Dark chocolate that contains 70% or MORE cacao, it's filled with antioxidants.

Dark chocolate increases blood flow to the brain as well as to the heart, so it can help improve cognitive function. It can also help reduce your risk of stroke.

Dark chocolate contains several chemical compounds that have a positive effect on your mood and cognitive health. Chocolate contains phenylethylamine (PEA), the same chemical your brain creates when you feel like you're falling in love. PEA encourages your brain to release endorphins, so eating dark chocolate will make you feel happier.

Dark chocolate contains caffeine, a mild stimulant. However, dark chocolate contains much less caffeine than coffee. A 1.5 ounce bar of dark chocolate contains 27 mg of caffeine, compared to the 200 mg found in an eight ounce cup of coffee.

Helps control blood sugar. It helps keep your blood vessels healthy and your circulation unimpaired to protect against type 2 diabetes. The flavonoids in dark chocolate also help reduce insulin resistance by helping your cells to function normally and regain the ability to use your body's insulin efficiently. Dark chocolate also has a low glycemic index, meaning it won't cause huge spikes in blood sugar levels.

Warning: Dark chocolate is also high in fat so use it as a treat in moderation.

