

TOP 10 FOODS FOR BRAIN & MOOD

A Quick Guide from Dr. Dan Engle, founder of Full Spectrum Medicine

This is a quick guide designed to be an easy “go-to reference” printable for your fridge. Ideally, all of these foods are sourced locally, are organic and naturally and sustainably harvested as possible and are eaten in season.

1 Seafood: esp. smaller, oily fish (like salmon and sardines) and molluscs (ex. mussels)

Seafood is a powerhouse of EPA and DHA, which are omega-3 fatty acids for healthy brain function, and Vitamin D. Mussels are also a good source of zinc and all of the B vitamins, especially B12.

2 Coconut oil

Coconut oil has proven to be as effective in treating depression as medication, likely due to high amounts of MCTs (medium-chain-triglycerides). These are easier to metabolize and get converted directly into fuel for the brain.

3 Lean meats, ideally pasture-raised and grass fed

These provide the building blocks in amino acids for all the major neurotransmitters. (All proteins can do that, but particularly lean meats tend to be a more bio-available source of these amino acids.) Lean meats are more robust in their adrenal support to stimulate long-standing energy and stress management.

4 Berries: especially blueberries, golden berries and goji berries

Berries are super high in phytonutrients, antioxidants, trace minerals and vitamin C. They have the highest ORAC score of any other food group, which is a score of antioxidant potency. These berries also have high amounts of the antioxidant zeaxanthin, which helps support eye health. They also have beta-carotene, giving them their pigment, and good for skin health.

5 Turmeric

This particular spice has neuro-protective qualities, acts as an anti-oxidant and anti-bacterial. It also stimulates increased levels of dopamine and serotonin, thus acting like a natural anti-depressant.



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6 Pure dark chocolate

Has the benefit of a mood-boosting component called anandamide while decreasing hunger through the hormone called gherlin. Add in the heart-healthy fats like oleic acid and a major dose of magnesium for stress reduction, and one can “have the [proverbial] cake and eat it too.”

7 Raw, soaked nuts, especially brazil nuts, almonds and walnuts

These types of nuts are a good source of minerals like selenium and vitamin E, which support healthy hormone levels and brain-strengthening fast. It’s notable, too, that a walnut actually looks like a brain. Remember to soak these nuts first in order to activate them, as they remain dormant while dry through digestive enzyme inhibitors.

8 Eggs (with yolks), ideally pasture-raised

Eggs are also a good source of protein and B vitamins and fat-soluble vitamins A, D, E and K. The yolks are particularly high in lecithin, which also supports new neuronal growth.

9 Goat yogurt

A great source of calcium, goat yogurt is also a source of conjugated linoleic acid and easier to digest because it’s more bio-compatible than cow yogurt.

10 Ketogenic diet approach

The ketogenic dietary approach stimulates the body to breakdown fat for energy as opposed to glucose (i.e. sugar). Why fat over sugar? Fat has more energy to utilize than sugar, a more immediate fuel source and has longer staying-power. This diet essentially means eating high fat, moderate protein and low carbs. This increases available fuel for the brain, decreases the chance of neurodegenerative conditions.

For further research and references to studies, you can find this list and additional information on Dr. Dan’s website, FullSpectrumMedicine.com.

