



Let's Move

by UnitedHealthcare®



Foods to help brain health¹

As we age, our bodies, including our brains, change. It's crucial to take steps to keep your brain in good shape, especially when it comes to what you eat. Research suggests that diet may have a powerful influence on brain health.

Key nutrients for brain health

Omega-3 fats, found in fatty fish such as salmon and sardines, serve as brain boosters. They are associated with enhancing memory, aiding in communication between brain cells. Some evidence suggests that omega-3 fats could slow the development of compounds linked to conditions including Alzheimer's disease. Adding these healthy fats to your eating plan may give your brain a boost to help keep it in top-notch condition.

Antioxidants help protect brain cells from age-related changes. Antioxidants, which are abundant in fruits and vegetables, may combat free radicals, preventing them from harming brain cells.

Essential nutrients for brain health

Calcium: Found in leafy greens, dairy foods and fortified foods

Fiber: Abundant in vegetables, fruits, whole grains, beans and legumes

Zinc: Present in meat, dairy, nuts and legumes

Vitamin B6: Found in poultry, fish, bananas and potatoes

Vitamin B12: Abundant in meat, fish, dairy and fortified foods

Folate: Found in leafy greens, citrus fruits and legumes

The MIND Diet: Nourishing your brain for longevity²

The MIND Diet (Mediterranean-Intervention for Neurodegenerative Delay) was developed by Martha Clare Morris, a nutritional epidemiologist from Rush University. Morris and her colleagues crafted this eating plan by merging the best of the DASH (Dietary Approaches to Stop Hypertension) and Mediterranean diets. Both diets are renowned for promoting heart health and may decrease risk for Type 2 diabetes – two important factors for brain function and dementia risk. Introduced in 2015, the MIND Diet is a scientifically backed strategy to help shield the brain from age-related decline, including dementia and cognitive impairment. The MIND Diet features foods to focus on and foods to avoid for a healthier brain.

Include in your eating plan³

Daily	Green leafy vegetables, other types of vegetables, fiber-rich whole grains
Most days	Nuts, olive oil
Three times a week	Beans, lentils
Twice a week	Berries, chicken or turkey
Once a week	Fattier fish (salmon, tuna, sardines, trout, mackerel)

Limit/avoid

- Butter, margarine
- Red meat (beef, pork, lamb)
- Whole-fat cheese
- Fried foods
- Pastries, sweets

¹<https://www.nia.nih.gov/health/alzheimers-and-dementia/what-do-we-know-about-diet-and-prevention-alzheimers-disease>

²<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/>

³<https://health.clevelandclinic.org/foods-that-improve-memory>

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

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