

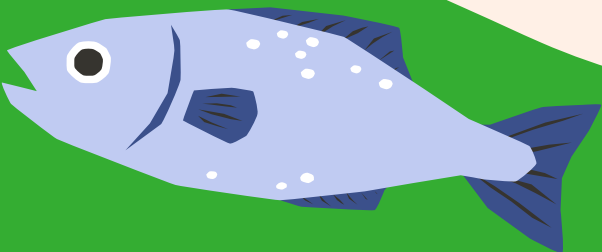


FOODS TO FUEL BRAIN HEALTH



Buffalo, Muskrat, Elk,
Moose, Porcupine, Prairie
Chicken, Rabbit, Duck,
Tripe, Partridge, Gopher,
Deer, Salmon, Suckerfish,
Beans, Wild Rice,
Dandelions, Raspberry Root,
Berries & Cherries,
Walnuts & Hazelnuts,
Mud Hen & Duck Eggs,
Wild Onions & Turnips

Source: FHQTC Community Research
Advisory Committee



TO LEARN MORE

Visit

[allnationshealinghospital.ca/
departments/research](http://allnationshealinghospital.ca/departments/research)

[ccna-ccnv.ca/brain-health-
food-guide](http://ccna-ccnv.ca/brain-health-food-guide)

ihda.healthsci.mcmaster.ca

mcmasteroptimalaging.org

Brain
Health
PRO

CCNA
Canadian Council
on Aboriginal
Nutrition



CCNV
Canadian Council
on Nutrition

McMaster
University



FHO

Tribal Council

**NUTRITION
AND BRAIN
HEALTH**

BRAIN HEALTH & FOOD

Good nutrition helps overall functioning of our body and brain as we age.

Nutrients help brain cells grow and increase connections between brain cells.

These Nutrients include:

- Proteins



- Carbohydrates



- Healthy Fats



- Vitamins & Minerals



- Antioxidants



- Water



Source: Brain Health PRO

THE 5 WHITE FOODS TO AVOID

- White Flour
- Cow's Milk
- Refined Sugar
- Salt
- Lard

Source: FHQTC Community Research Advisory Committee



Instead, you can fill your plate with 1/2 vegetables, 1/4 protein, and 1/4 whole grains.

Source: Brain Health PRO

GETTING READY TO EAT



Sources of healthy foods include: gardens, the wild, dried meats & home canned foods.

The atmosphere you eat in is just as important as what you eat.

Eating in a calming & friendly environment helps digestion.

You can also pray to the Creator for the food to do its best for you.

Source: FHQTC Community Research Advisory Committee