

Fueling Your Brain

Have you ever felt like you were running on an empty tank? If your stomach is low on fuel, there is a good chance your brain is too. Nutrition, or the food you choose to eat, affects the way your brain thinks and reacts to the world. Think of food as the fuel that your body uses to make it run. We need good fuel to make your body run smoothly. Especially after having had treatment for breast cancer, you should pay close attention to your nutrition. Concentrate on adding good fuel to your body.

The best fueling foods are vegetables, fruit, whole grains plant based protein. These foods give your body the nutrients that it needs, as well as can help you to manage your weight. Remember that a healthy weight decreases strain/stress on your body as well as reduces the risk of recurrence.



For brain health:

- Fruits & vegetables
- Omega 3-fatty acids
- Water

Fresh or frozen fruits and vegetables will help you to include antioxidants and limit sugars in your diet. By increasing antioxidants and limiting the amount of sugar you eat, you can increase your ability to think by decreasing reactive swelling (caused by stress) and protecting against tissue damage in the brain.

Walnuts, flaxseed, and salmon are an excellent source of omega-3 fatty acids. This fat helps the brain build healthy connections to increase your thinking ability.

Water is an essential element to any diet. Drinking adequate amounts of water and limiting salt will guard against dehydration.



Treat your brain as a luxury vehicle. Give your brain the best fuel, and it will keep you riding smoothly through life.