



WORLD FITNESS EXPO

Food for Thought: Superfoods to Boost Memory, Mood, and Mental Functioning

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SO CAN

Session Description

Can't remember where you left the keys? Feeling tired and down? Get tools for nutritional success in order to boost your brain power, increase your energy, and improve your mood.

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Balanced Diet: Baseline for Overall Health

- <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>
- <https://www.choosemyplate.gov/>
- Most of your food should come from these groups
 - Fruits
 - Vegetables
 - Grains
 - Protein
 - Dairy
 - Fats and Oils
- Superfoods within these groups for mood, memory and mental functioning



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Fruits and Vegetables

- May benefit the brain by
 - reducing oxidation and inflammation
 - Low intake of antioxidants is associated with cognitive impairment and Alzheimer's disease
 - improving blood flow
 - improving insulin sensitivity
- Beta carotene rich foods may enhance cognitive functioning
- Consume at least 3 servings of vegetables per day

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Blueberries


- May increase short-term memory
- May improve balance and coordination
- Protect against colon cancer



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Strawberries



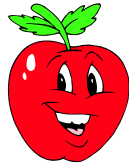
- Contain folate, vitamin c, & other antioxidants that help prevent cognitive decline and preserve memory
 - Folic Acid (folate): dark leafy greens like spinach and romaine, whole grains, avocado, broccoli, beans, peas, bananas
- High in fiber and naturally sweet, so no swings in blood glucose and mood as seen in refined sweet sugary foods like candy

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An Apple a Day...

- may protect against cell damage that contributes to age-related memory loss
- Apples may boost acetylcholine
 - -UMASS Lowell



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Vegetables



- ~3 vegetable servings/day → 40% ↓ cognitive decline compared to those who ate an average of less than 1 serving/day.
- Green leafy vegetables particularly important
 - Journal of Neurology

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Vegetables: Spinach

- May increase short-term memory
- Great source of folic acid which can protect against Alzheimer's disease
- Prevents against macular degeneration, stroke
- Protects against cancer
 - stomach, skin, breast, prostate
- Good source of magnesium-lowers blood pressure
- Builds stronger bones due to Vitamin K content
 - Add a little extra-virgin olive oil to help absorb the antioxidants



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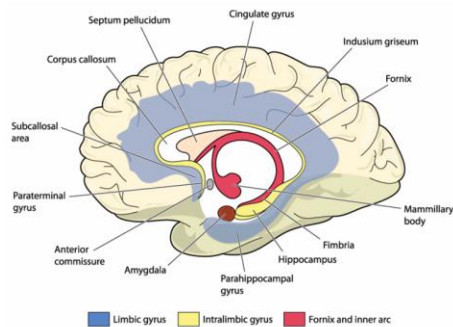
Alcohol, Caffeine and Sugar

- Keep alcohol and caffeine intake moderate
- For optimal energy throughout the day, decreased added sugar, junk food and refined foods

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Consumers who frequently drink sugary beverages may have poorer memory, smaller brain volume, and a smaller hippocampus which is where memories are formed.- 2017 Alzheimer's and Dementia



Artificial Sweeteners

- Some animal studies have suggested a link to cancer.
- 2012 study found those who drank diet soda every day were 44 percent more likely than non-drinkers to suffer a heart attack or stroke.
- 2017 study found association between diet soda and stroke and dementia
- 2016 Italian study found dose related response to sucralose which caused malignant tumors in mice.
 - Sucralose is what you find in Splenda

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Protein: Fish for Brain Function

- Eating 1-2 fish meals per week
↓ age-related mental decline by 10%-13%
= being 3-4 years younger!
 - study, Archive of Neurology, 12/2005
- Eating 1 or more fish per week
= 60% less risk of Alzheimer's
 - study, British Medical Journal, 2002

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Fish for a Better Mood!

- Countries eating more fish experience less depression
- People with lower intake of DHA and EPA have higher rates of depressive disorders
- Fish consumption may protect against dementia in a dose-related fashion



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Fish to avoid due to high mercury content: Bigeye Tuna, King Mackerel, Marlin, Orange Roughy, Shark, Swordfish, Tilefish

- Light tuna is best choice of Tunas for lower mercury



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Omega 3 Fatty Acids

- May decrease dementia
- Important for structure of brain
- Decrease inflammation
- Increase serotonin levels which impact mood
- May help treat depression, irritability, anxiety
- May reduce symptoms of bipolar, attention deficit, schizophrenia
- Salmon, herring, bluefish, lake trout, anchovies, sardines

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Fats and Oils Containing Omega 3's

- Oils
 - soy
 - walnut
 - canola
 - flaxseed
- Nuts and seeds
 - flaxseed
 - walnuts
 - hemp
 - pumpkin seeds
 - Chia seeds



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Protein: Eggs



- Contain choline, important for memory & fetal brain development
 - Choline is an essential nutrient
 - Choline is in the yolk
 - Also in cauliflower, iceberg lettuce, peanuts, sunflower seeds, soy, but much higher in eggs
- Contain omega 3's if chickens were fed flax
- When you eat eggs, balance the other cholesterol-containing foods in your diet
- Contain lutein & zeaxanthin- important for healthy eyes

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Protein: Soy



- Contains choline
 - May improve memory
- Contains omega 3's
 - Boost brain function
- Contains isoflavones
 - May improve memory by protecting nerve cells from oxidative stress
- Edamame (soybeans), tofu, soy nuts, soy nut butter, soy milk

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Whole Grains

- Great Source of B Vitamins, important for mental functioning
- More stable affect on blood sugar vs. their refined counterparts
- Unrefined cereal grains particularly noteworthy for cognitive benefits.

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Hyperinsulinemia, Impaired Glucose Tolerance, & Diabetes Decrease Cognitive Function

- Nutrition strategy to control these health issues:
 - Eat more whole foods
 - Whole grains (watch amounts! Small portions)
 - High fiber diet
 - Fruits, vegetables, and beans
 - Decrease junk and refined foods, ↓ sources of saturated fat
 - Choose fats wisely: eat nuts and nut butters, seeds, extra virgin olive and organic canola oil
 - Assure good protein sources in the diet! Fish, beans, chicken, turkey, tofu, nuts, seeds
 - Watch portion size
 - Move your body and achieve/maintain a healthy body weight

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Foods to Ensure Calmness

- Whole Grains
 - Cereal, fruit, and skim milk
 - Toast w/ apple butter or jam and orange
 - Van's whole grain waffle, fruit, and touch of maple syrup
 - Oatmeal with cinnamon and raisins



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Foods to Calm You

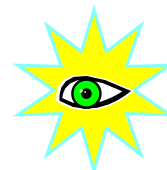
- Foods providing 25-35 grams of carbs can help calm your mind
 - Judith Wurtman, food and mood expert.
- Whole grains are the best type for production of serotonin.
- Adhere to portion sizes & ↑ water intake as you ↑ fiber intake.
- To elicit a calming feeling, eat one of the following snacks without any added protein.
 - 2 slices Vermont Sprouted Wheat® bread w/ ½ T jam
 - ¾ Cup Kashi Heart to Heart Honey Toasted Oat Cereal®
 - ¼ Cup Cheerios®
 - 1 Matthew's® Whole Wheat Eng. muffin w/ 1 T Kimes® Apple Butter
 - ½ T fruit spread on
 - 2 Lundberg Farms Brown Rice Cakes®

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Foods for Alertness

- Protein rich foods increase alertness
 - Chicken, fish, turkey, lean meat, beans, nuts, nut butters, seeds, yogurt, cheese, tofu, eggs



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Mediterranean Diet

- Research shows that the Mediterranean diet may be especially helpful for memory, as well as overall cognitive performance.



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Fat and Nuts Nuts

- Unsaturated fats are important for brain health
- Nuts are a good source of Vitamin E which helps protect against cognitive decline
 - Vitamin E may slow the rate of cognitive decline and reduce the risk for Alzheimer's disease
 - almonds, hazelnuts, pine nuts, peanuts
- Protect against heart disease



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Turmeric and Curcumin

- A spice used in India and known for its anti-inflammatory effects, may prevent memory loss
- Curcumin is what gives yellow curry its bright color and is frequently used as a natural food dye

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Breakfast

- Eating breakfast associated with enhanced:
 - energy
 - memory and reaction times
 - math scores
 - creative thinking
 - speed and efficiency in solving problems
 - recall and accuracy in work performance
 - faster thinking and concentration
- Superfood breakfast: whole grain cereal or oatmeal with skim milk, nuts, and fruit
- Avoid large high-fat breakfast- slows you down

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Energy Boosters

- Move Your body
- Eat every 3-4 hours
- Aim for 7-9 hours of sleep
- Decrease added sugar and junk food
- Eat protein, carb, and healthy fat at meals and snacks
- Quit caffeine 8-12 hours before bed
 - Limit caffeine to 400 mg per day or less. This is about three 8 oz cups
- Don't overeat



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Components of Meals and Snacks

Carb	Protein	Healthy Fat
Whole Grain: Bread, pasta, crackers, pita, English muffin, popcorn, oatmeal	Nuts/seeds Nut butters Beans	Nuts/seeds Nut butters Olive oil
Fruit: Pear, apple, blueberries, banana	2 egg whites 1 med egg Fish/poultry Skim milk	Canola oil Flaxseed/oil Avocado
Veggies: Sweet potato, veggie sticks- carrots, fennel, celery, etc.	Yogurt Tofu	



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Snack Ideas

- Fruit w/nut butter or nuts
 - Pear w/ cashew butter
 - Raisins and almonds
 - Figs and pecans
- Hummus on ½ whole wheat pita, or with veggie sticks
- Yogurt and cashew butter
- Smoothie
- Nuts, raisins, dry cereal
- Oatmeal with nutbutter and fruit

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Meal Ideas

- Whole grain pasta or brown rice or quinoa, beans, red, orange and green peppers sautéed in small amount of olive oil, Greek feta sprinkled on top
- Salmon, ½ baked potato, kale, arugula salad w/olive oil & red wine vinegar
- Veggie burger on whole grain bread, shredded cabbage salad, steamed zucchini
- Baked chicken, mashed sweet potato, broccoli, spinach salad greens
- Tofu stir-fry w/ veggies and brown rice

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Body Weight

- Overweight middle-aged adults tend to score more poorly on tests of memory, attention, and learning ability than their thinner peers
- May mean higher risk of dementia later on
 - Journal of Neurology



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Challenge

- Make two permanent changes in your lifestyle as a result of today's presentation.



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Notes



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