

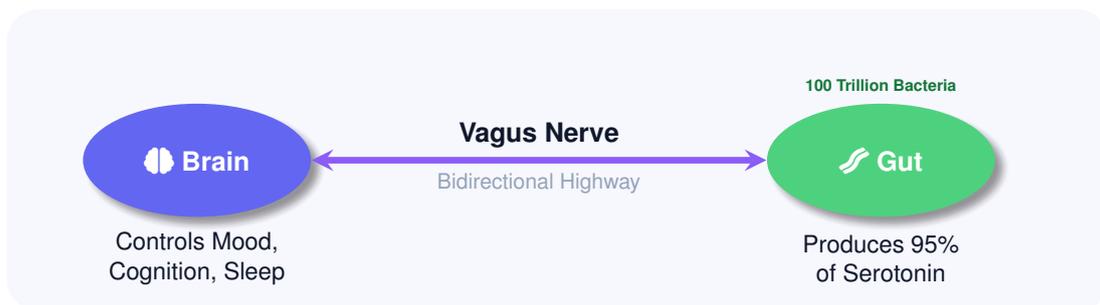


Brain Food & Nutrition

How What You Eat Affects Your Brain & Sleep

The Gut-Brain Connection

Your gut is often called the "Second Brain". It contains **500 million neurons** and communicates directly with your brain via the Vagus Nerve.



★ Top Brain-Boosting Foods



Fatty Fish
Omega-3s (DHA) build brain cell walls



Berries
Antioxidants reduce inflammation



Nuts & Seeds
Vitamin E protects membranes

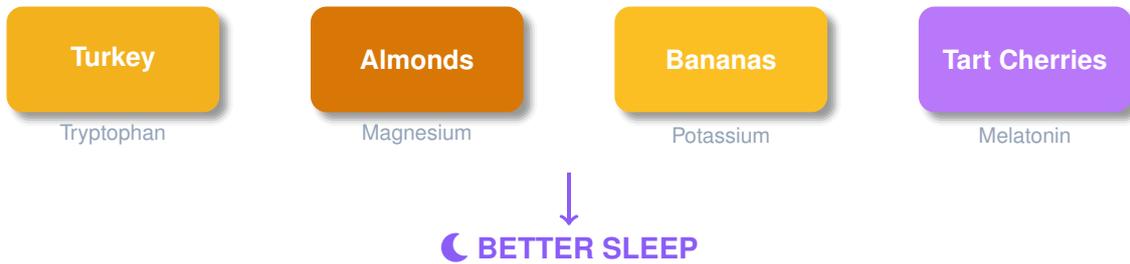


Eggs
Choline boosts memory neurotransmitters

Also great: Leafy Greens (Folate), Dark Chocolate (Focus), Avocado (Blood Flow).

🌙 Foods That Improve Sleep

Eat these in the evening to naturally boost melatonin.



🚫 Foods That Hurt Your Brain

- ⊗ **Sugary Drinks:** Cause massive blood sugar spikes followed by "crashing" focus.
- ⊗ **Caffeine after 2 PM:** Blocks adenosine receptors, tricking your brain into staying awake.
- ⊗ **Ultra-Processed Snacks:** Trans fats can damage the lining of neurons.
- ⊗ **Late Night Pizza:** Heavy, greasy meals disrupt deep sleep digestion.

📅 Brain Food Weekly Challenge

Try adding one of these each day!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Salmon	Blueberries	Walnuts	Spinach	Avocado	Smoothie	Dark Choc



Pro Tip: Eat the Rainbow

Aim for 5 different colors on your plate every day!