

THE HEALTHY BRAIN DIET

The brain has a 1-to-1 ratio of lipids to proteins, which is distinct from other soft tissues that contain more carbohydrates and have different protein-to-lipid ratios. This specific ratio is crucial, especially when metals like iron are introduced, potentially causing proteins and lipids to bind together and last longer. Healthy brains need this combination to survive.

A diet with a 1-to-1 ratio of proteins to lipids while containing iron which is essential for various bodily functions, including transporting oxygen and making proteins and enzymes. Here are some food options you can incorporate into your diet:

>LIPIDS:

- Healthier Oils: Opt for olive oil, walnut oil.
- Nut Butters
- Seeds and Nuts
- Omega-3 Sources: Include fatty fish (like salmon).
- Flaxseed

>LEAN MEATS (HEME IRON):

- Oysters: 6.9 mg iron per 3 oysters
- Lean beef (cooked): 2.5 mg iron per 3-ounce portion

>PLANT-BASED SOURCES (NON-HEME IRON):

- Cream of wheat (cooked): 12.8 mg iron per 1 cup
- Cereal (fortified): 9 mg iron per 1 cup
- Soybeans (cooked): 8.8 mg iron per 1 cup
- White beans (canned): 8 mg iron per 1 cup
- Lentils (cooked): 6.6 mg iron per 1 cup
- Spinach (cooked): 6.4 mg iron per 1 cup
- Chickpeas (cooked): 4.8 mg iron per 1 cup
- Dark chocolate (70% to 85% cocoa): 2.3 mg iron per 1 ounce

Remember that heme iron from animal sources is more easily absorbed by the body than non-heme iron from plant-based foods. Vegetarians and vegans should aim for nearly twice the recommended daily amount of iron due to the lower absorption of non-heme iron.

Additionally, consider incorporating vitamin C-rich foods (such as citrus fruits) alongside your iron-rich meals. Vitamin C enhances the absorption of non-heme iron.