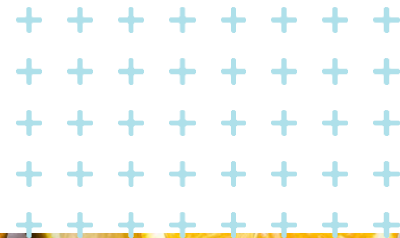


Your guide to brain and immunity boosting foods

Adopt healthy eating habits to keep you body
and mind sharp.

Nourish your body and mind



Choosing healthful foods is essential to help you be your best you.

Keep your brain sharp

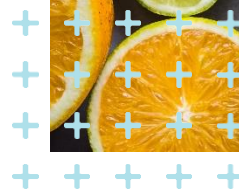
Foods rich in omega-3 fatty acids, B vitamins, and antioxidants support better brain power. Find these healthful components in green veggies, berries, nuts, and fatty fish. Try making a [strawberry spinach salad](#).

Boost your immune system

Stay well by eating foods that are high in Vitamin A, Vitamin C, Vitamin E, and zinc. Protein also helps protect your body against pathogens. Find these components in foods like berries, citrus, broccoli, carrots, avocados, nuts and seeds. Try making [oatmeal and orange pancakes](#).

Find your focus

Beat brain fog by staying hydrated and eating complex carbohydrates, inflammation-fighting herbs and low-glycemic foods. Try foods like berries, whole grains, sweet potatoes, beans, basil, ginger, and turmeric. Try making [sweet potato and black bean burritos](#).



Did you know your brain is made of 80% water? Water is needed for every chemical reaction happening in the brain. Start your day off with a glass of water or herbal tea.

Power up your meals

Get more immune and brain boosting foods onto your plate each day. Whether it's finding new recipes, exploring the produce aisle, preparing healthful snacks, cooking mindfully, or eating at the table – there are many ways to nourish your body and mind.

Learn more from the Health Coaching team:
ProvidenceHealthPlan.com/HealthCoach

Stock your kitchen

Keep a variety of dried or canned beans, frozen vegetables and fruits on hand. Snack smart with nuts, fresh fruit, cut up vegetables, and plain Greek yogurt.

Try simple substitutions to give your recipes a healthy boost

Cook with healthy fats, like olive or avocado oil. Choose to grill, steam or bake your foods instead of deep frying. And try seasoning with garlic or other herbs before adding salt.

Listen to your gut

Be aware of the signals your stomach is sending to your brain. Listen to your state of hunger and fullness. Check in halfway through your meal to see how full you feel. Leftovers are great!

Foods to boost your brain power and strengthen your immune system



Leafy Greens

- + Spinach, kale, collard greens
- + Contains Vitamin K, folate and phytonutrients
- + Promotes healthy cell growth, reduces inflammation, and increases ability to fight infections



Red and Orange Veggies

- + Carrots, sweet potatoes, red bell peppers
- + Contains Vitamin A (beta carotene)
- + Strengthens immune system against infection



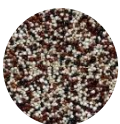
Berries

- + Blueberries, blackberries, strawberries
- + Contains phytonutrients, like flavonoids and antioxidants
- + Improves short-term memory and boosts learning



Citrus

- + Oranges, grapefruit, lemons
- + Contains Vitamin C
- + Protects against cell damage from aging and related memory loss and helps stimulate antibodies



Whole Grains

- + Oatmeal, quinoa, whole-wheat pasta
- + Contains Vitamin E and releases glucose (energy) into your bloodstream at a slow, steady pace
- + Improves concentration and focus



Nuts

- + Almonds, hazelnuts, pumpkin seeds
- + Contains Vitamin E and antioxidants
- + Protects against cognitive decline, improves memory, and helps fight off infections



Fatty Fish

- + Salmon, trout, tuna
- + Contains omega-3 fatty acids and Vitamin D
- + Supports healthy brain function, builds brain cells, and reduces memory loss



Healthy Fats

- + Avocados, flaxseeds, olive oil
- + Contains monounsaturated fats
- + Supports healthy brain function



Herbs

- + Ginger, turmeric, basil, herbal tea
- + Contains antioxidants
- + Promotes gut health and helps fight inflammation



Probiotics

- + Plain Greek yogurt, kimchi, kombucha
- + Bacteria that helps digest food and support immune system
- + Promotes gut health

Partner with a health coach

Our health coaching team is here to support your well-being journey and help you reach True Health.

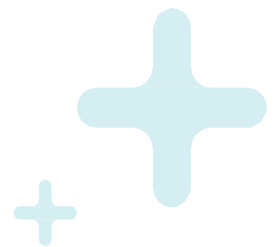
For more information, visit:

ProvidenceHealthPlan.com/HealthCoach



Fuel your brain

Build a vitamin-packed smoothie powered with protein, complex carbs, and healthy fats.



01 | Base
Start with 1 cup of liquid – use beverages like low-fat milk, nut milk, oat milk, coconut water, or 100% juice. If you choose a non-dairy milk, make sure it's unsweetened.

02 | Leafy greens
Add a handful (or two) of dark leafy greens – like spinach, kale, bok choy, swiss chard, or a power green mix. Other veggies work too – like carrots, beets, or cucumber.

03 | Healthy fats
Add a little bit of healthy fat – like $\frac{1}{4}$ of an avocado or 1 tbsp. of nut butter or flaxseeds.

04 | Protein
Power up your smoothie with protein – use $\frac{1}{2}$ c. yogurt, 1 scoop of protein powder or 2-3 tbsp. of hemp hearts.

05 | Sweetener
Add a bit of sweetness with 1 cup of fruit – like strawberries, blueberries, cherries, bananas, pineapple, or mango. You could also use 2 tbsp. of a natural, non-caloric sweetener like monkfruit.

06 | Superfoods
Add a nutritional boost with 1 tsp. of a superfood – like bee pollen, goji berries, cacao powder, bacopa powder, ginseng powder, or baobab powder.





Brain powered, anti-stress smoothie

Packed with nutrients to boost your immunity
and fuel your mind

Servings: 1

Ingredients

- + 1 c. unsweetened almond or soy milk
(optional protein fortified nut milk)
- + 1-2 handfuls of spinach
- + 1 frozen banana
- + 2 soft pitted dates
- + 2 tbsp. hemp hearts
- + 1 tbsp. natural almond butter
- + 2 ice cubes
- + ½ tsp matcha or ginseng powder, optional

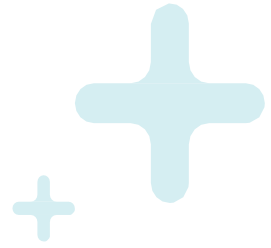
Instructions

1. Combine all ingredients in a blender, and blend on high until smooth and frothy.

A recipe from Colleen Kuhn, RD, Providence Health Coach



Want to learn more about healthy eating?



Check out resources from these organizations:

Providence

<https://healthplans.providence.org/fittogether/find-your-fit/health-outreach-support/find-support/providence-health-coaching/health-coaching-resources/nutrition-and-weight-management/>

blog.providence.org/nutrition

Physicians Committee for Responsible Medicine

pcrm.org/

American Heart Association

heart.org/en/healthy-living/healthy-eating

Food Hero, Oregon State University

foodhero.org/

The Nutrition Source, Harvard University

hsph.harvard.edu/nutritionsource/

MyFitnessPal

blog.myfitnesspal.com/

WW

weightwatchers.com/us/blog/food





Stay on top of your health



Thinking about a healthier lifestyle but don't know where to start? Our Providence health coaches are here to support your journey to a healthier, happier life.

Ready to get started? Our health coaching team will be glad to help. Call **503-574-6000** to begin the process.

ProvidenceHealthPlan.com/HealthCoach