Your guide to brain and immunity boosting foods

Adopt healthy eating habits to keep your 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

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leafy Greens</td>
<td>Spinach, kale, collard greens</td>
<td>Contains Vitamin K, folate and phytonutrients, promotes healthy cell growth, reduces inflammation, and increases ability to fight infections</td>
</tr>
<tr>
<td>Red and Orange Veggies</td>
<td>carrots, sweet potatoes, red bell peppers</td>
<td>Contains Vitamin A (beta carotene), strengthens immune system against infection</td>
</tr>
<tr>
<td>Berries</td>
<td>Blueberries, blackberries, strawberries</td>
<td>Contains phytonutrients, like flavonoids and antioxidants, improves short-term memory and boosts learning</td>
</tr>
<tr>
<td>Citrus</td>
<td>Oranges, grapefruit, lemons</td>
<td>Contains Vitamin C, protects against cell damage from aging and related memory loss and helps stimulate antibodies</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Oatmeal, quinoa, whole-wheat pasta</td>
<td>Contains Vitamin E and releases glucose (energy) into your bloodstream at a slow, steady pace, improves concentration and focus</td>
</tr>
<tr>
<td>Nuts</td>
<td>Almonds, hazelnuts pumpkin seeds</td>
<td>Contains Vitamin E and antioxidants, protects against cognitive decline, improves memory, and helps fight off infections</td>
</tr>
<tr>
<td>Fatty Fish</td>
<td>Salmon, trout, tuna</td>
<td>Contains omega-3 fatty acids and Vitamin D, supports healthy brain function, builds brain cells, and reduces memory loss</td>
</tr>
<tr>
<td>Healthy Fats</td>
<td>Avocados, flaxseeds, olive oil</td>
<td>Contains monounsaturated fats, supports healthy brain function</td>
</tr>
<tr>
<td>Herbs</td>
<td>Ginger, turmeric, basil, herbal tea</td>
<td>Contains antioxidants, promotes gut health and helps fight inflammation</td>
</tr>
<tr>
<td>Probiotics</td>
<td>Plain Greek yogurt, kimchi, kombucha</td>
<td>Bacteria that helps digest food and support immune system, promotes gut health</td>
</tr>
</tbody>
</table>

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

**Fuel your brain**

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

**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.

**Protein**
Power up your smoothie with protein – use ½ c. yogurt, 1 scoop of protein powder or 2-3 tbsp. of hemp hearts.

**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.

**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.

**Healthy fats**
Add a little bit of healthy fat – like ¼ of an avocado or 1 tbsp. of nut butter or flaxseeds.

**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
  [blog.providence.org/nutrition](blog.providence.org/nutrition)

- Physicians Committee for Responsible Medicine
  [pcrm.org/](pcrm.org/)

- American Heart Association
  [heart.org/en/healthy-living/healthy-eating](heart.org/en/healthy-living/healthy-eating)

- Food Hero, Oregon State University
  [foodhero.org/](foodhero.org/)

- The Nutrition Source, Harvard University
  [hsph.harvard.edu/nutritionsource/](hsph.harvard.edu/nutritionsource/)

- MyFitnessPal
  [blog.myfitnesspal.com/](blog.myfitnesspal.com/)

- WW
  [weightwatchers.com/us/blog/food](weightwatchers.com/us/blog/food)
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