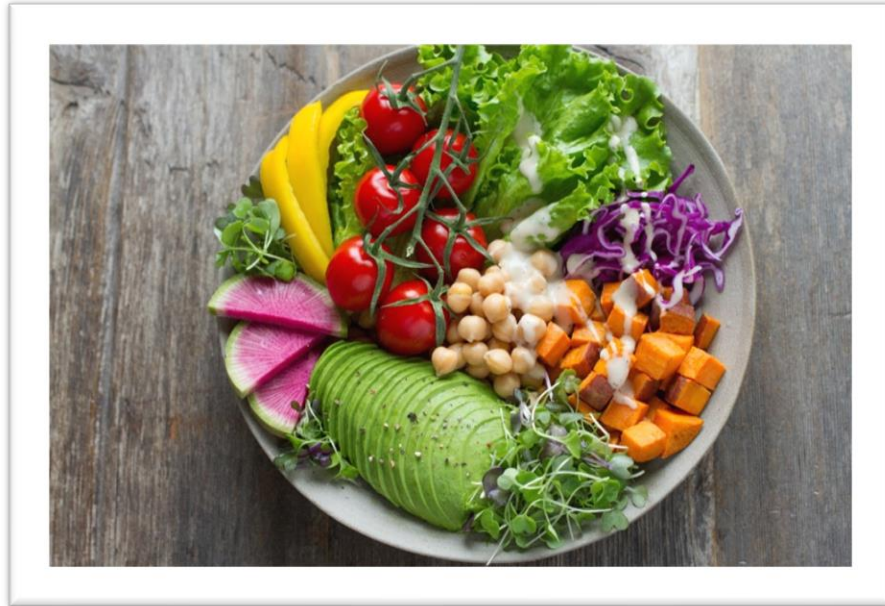




the MIND- KITCHEN connection

CONNIE
KRUPP

The MIND-KITCHEN Connection



Setup your cupboards, refrigerator, and freezer to make eating for better mind and mental wellness. Keep reading to learn 6 simple strategies that can lead to a sharper, happier, healthier future.

1. Purchase lots of Nuts and Dark Chocolate.

When you make brain-healthy snacks accessible, you are more likely to eat them when you feel like nibbling. They are an ideal combination of protein, nutrients like vitamin D & E and brain-friendly fats. Place a jar of mixed nuts in a clear container and keep on your shelf within sight and reach. Add seeds, dried fruit, and roasted chickpeas.

Dark chocolate is a powerful tool in our eating-for-mental-wellness tool kit. Make sure that it is at least 70% cacao. A study by University College London showed that [dark chocolate eaters were 70% less likely to report depression](#). Keep individually wrapped pieces for a quick snack.

2. Olive Oil is the Best.

Extra-virgin olive oil provides two nutrients your brain needs every day: healthy fats and polyphenols. This is a potent reducer of brain inflammation. Three tablespoons of high-quality [olive oil daily can improve memory problems](#) in people with mild cognitive impairment.

3. Prep Your Fruits and Veggies.

Fruits. Especially berries, are amazing brain food. Veggies are good for brain and gut health.

If the healthy stuff is more convenient and looks extra good, you'll be more likely to reach for it. Wash, dry, and chop veggies and place them in clear containers front and center so they're ready when it's time to make dinner.

Place colorful fruit in bowls. Wash fruit in one cup vinegar and four cups water. Rinse, drain, and pat dry to store in glass containers with paper towel on bottom, covered with a plastic lid. Will keep for 2-3 weeks.

Wash veggies the same way and cut up and store in plastic or glass containers for convenience.



4. Use Fresh Herbs.

Fresh herbs like rosemary, thyme, sage, basil, and cilantro are easy to grow, even on your windowsill. When it comes to brain health, they should be top of mind. They contain compounds that help prevent cell damage, ward off disease, and promote healthy aging. Plus, they are pretty, fragrant, and fun to grow. I plant mine just outside my front door so that I can cut while cooking. If you only grow one, choose Rosemary. It may help improve memory and keeps mosquitos away!

5. Choose Gut-Friendly Foods.

Research shows that gut health is more important for brain health than we ever imagined. The gut's good flora helps us break down and absorb brain-boosting nutrients, like folate and thiamine. It can also help slow down inflammation, which can worsen depression and anxiety. To keep your gut in good shape, eat more fermented foods, like yogurt, kefir, sauerkraut, miso, kombucha and kimchi. They are filled with probiotics which our microbiome needs to thrive. You can also add a probiotic supplement to your diet.

6. Freeze Your Food.

Freeze those berries. The flavonoids in blueberries and blackberries may help improve blood pressure, boost mood, and decrease brain fog. Since berries are hard to find in winter and go bad faster, frozen berries are a great alternative. Freeze berries alongside salmon, shrimp, and green veggies like spinach, broccoli, and kale. Frozen foods are often less expensive than fresh and can be more nutritious than the fresh ones. I like to purchase veggies already cut up because they are so much easier to prepare.



Other Resources:

Books:

[Eat to Beat Depression and Anxiety](#), by Drew Ramsey, MD

[Super Natural Simple: Whole-Food, Vegetarian Recipes for Real Life](#), by Heidi Swanson

[The Little Book of Living Small](#), by Laura Fenton

Online:

[Brain Health Kitchen](#) uses food to prevent dementia by Annie Fenn MD

[The Happy Eating Podcast](#) by Carolyn Williams, PhD, RD

For more information on gut-health, set up a consult with me and my nutritionist. Click here to [schedule a free discovery session](#).

