



COLOR MY FOOD

Nutritional Therapy with Diana Galindo

Brain Fog Fighting Foods

Brain fog is a common symptom that affects concentration, memory, and mental clarity. What you eat – or don't eat! - can be a significant contributor.

To fight brain fog, enjoy a **nutrient-rich** food lifestyle – greens and rainbow vegetables, ancestral whole grains, fats from nature and quality proteins. Eating of these foods regularly ensures your body is getting variety of nutrients. This is the best way to improve cognitive function, support your brain health, and reduce brain fog.

The below food categories are especially rich in brain essential nutrients. Eat food from each category every day.

Fats from nature

Omega-3s are a type of essential fatty acid that have an important role in brain development, functioning, and aging.

Fiber-rich Foods

Ancestral humans consumed 100 grams of fiber/day. Today the average human consumes 15 - 26 g/day. A lack of fiber can lead to an imbalance in gut bacteria, which is linked with cognitive problems like brain fog, difficulty concentrating, and memory loss.

Probiotic and Prebiotic Foods

Your gut (gastrointestinal tract) is part of your central nervous system, also described as the "second brain". Your gut microbiome (the bacteria and other microorganisms in your digestive system), plays a crucial role in brain health and function.

Eat probiotic and prebiotic foods to keep your gut healthy and support your brain health. An unhealthy gut is a significant factor in brain fog.

- Probiotics are live beneficial bacteria that influence the production and balance of neurotransmitters. In the gut. Neurotransmitters have a crucial role in cognitive function, mood regulation, and overall brain health. Fermented foods are a great source of probiotics; they provide live bacteria that can help support gut health.
- Prebiotic foods are fiber-rich, feed the probiotics (beneficial gut bacteria) and. The probiotics digest these foods and make important nutrients and molecules that influence and improve brain health.

Fats from nature	Fiber-Rich Foods	Probiotic Foods	Prebiotic Foods
Salmon	Beans	Yogurt , kefir	Onions, garlic, leeks
Mackerel	Lentils	Buttermilk	Asparagus, artichoke
Sardines	Peas	Soft cheese	Beans, lentils,
Anchovies	Broccoli, Brussels sprouts, cauliflower, collard greens	Miso, tempeh, natto	Bananas, pears
Shrimp	Winter squash and pumpkin	Cheonggukjang - Korean fermented soybean paste	Oats
Oyster	Potato, sweet potato parsnips	Sauerkraut	
Walnuts	Almonds and pistachio	Pickles, pickled vegetable	
Flaxseeds, flaxseed oil (cold only)	Chia seeds and pumpkin seeds		
Chia seeds	Barley, bulghur, buckwheat, quinoa		
Hempseeds	Avocados		
Olives, olive oil	Blackberries, raspberries, and prunes		
Avocado, avocado oil	Apples, bananas, pears, and oranges		
Seaweed, spirulina , chlorella			

Avoid harmful brain foods

- Processed and ultra-processed foods
- Artificial sugars: high fructose corn syrup and artificial sweeteners (aspartame and sucralose) disrupt impact the gut microbiome.
- Minimize refined sugar and flour

References

1. Medical News Today. (2023). The complete guide to omega-3 rich foods. Retrieved from <https://www.medicalnewstoday.com/articles/323144>
2. National Library of Medicine. (2022). Dietary fiber intake and gut microbiota in human health <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9787832/>
3. National Library of Medicine. (2021). The seaweed diet in prevention and treatment of neurodegenerative diseases <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7996752/>