CHARDON FOOD SERVICE NEWSLETTER

Monthly Newsletter Student and Staff Wellness



HEALTHY BRAIN FOOD

Your brain is kind of a big deal. As the control center of your body, it's in charge of keeping your heart beating and lungs breathing and allowing you to move, feel, and think. That's why it's a good idea to keep your brain in peak working condition. The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration Fatty Fish-Coffee-Blueberries-Turmeric-Broccoli-Pumpkin Seeds-Dark Chocolate-Nuts-Oranges- Eggs-Green Tea

Many foods can help keep your brain healthy. Some foods, such as the fruits and vegetables in this list, as well as tea and coffee, have antioxidants that help protect your brain from damage. Others, such as nuts and eggs, contain nutrients that support memory and brain development. You can help support your brain health and boost your alertness, memory, and mood by strategically including these foods in your diet.

WINTER BLUES

What foods should you pick? What you choose for a meal or snack can make a difference in how much you eat or how soon you will want to eat again. Including carbohydrate and protein sources with meals and snacks can help you to feel satisfied, both during and after eating

Winter Blues? Try These 10 Foods to Help Ease Symptoms

- Lean proteins.
- Omega-3 fatty acids.
- Berries.
- Limit sugar.
- Folic acid. Vitamin B-12.





PREBIOTICS ARE THE NEW PROBIOTICS.

Prebiotics promote the growth of beneficial bacteria, aka probiotics. While prebiotics has been in the shadow of the living bacteria themselves, now there's a greater appreciation for these behind-the-scenes players for their role in improving the gut microbiome. I spotted prebiotics (dietary fibers that feed friendly gut bacteria) in everything from sparkling tonics and powdered supplements to the new Gut Happy Cookies from Uplift Foods.