

# Eat Smarter TO PERFORM BETTER



## The Power of Good Nutrition

- > More energy
- > Fewer illnesses
- > Helps us build memories
- > Helps us to think, learn, create and solve problems
- > Healthier muscles
- > Healthier bones
- > Healthier organs

## The brain uses the glucose found in carbohydrates as fuel

Complex, slow-digesting carbs packed full of nutrients and fibre ensure a consistent supply of mental energy. Starchy vegetables (like sweet potatoes), beans, whole fruits (eat the fruit, skip the juice), peas, lentils, brown or wild rice

and quinoa are all good sources of complex carbohydrates.

Avoid simple carbohydrates (white bread, white rice, white potatoes) and sugary foods and drinks as much as possible.

## Food for thought

Eating high quality, healthy fat foods speeds up communication between brain cells, called neurons. We have 80-100 billion neurons in our brains, and each one has thousands of connections to other neurons. These connections are what enable

us to think, learn, create, solve problems and build memories. Examples of healthy fat foods that can improve brain function and health include cold-water fish, olive oil, coconut, avocado and nuts like almonds or walnuts.

