Brain Fuel

Andrew Fuller

Your brain runs best when you give it the best fuel. If you don’t eat right your brain is like a car full of the wrong sort of petrol chugging up the hills and needing more revving to get going.

Brains need breakfast.
The research is in: if you want to do well at school and in life you have to eat breakfast. Breakfast eaters get 40% higher marks in maths. People who eat breakfast are less likely to be absent from school and are less likely to be late to school. Studies indicate that non-breakfast eaters are twice as likely to be depressed, four times as likely to suffer anxiety and 30% more likely to be hyperactive. Having a higher protein-lower carbohydrate mix for breakfast enhances concentration and memory. So avoid lots of sugary cereals, juices and heaps of toast and get some eggs, milk and porridge or bacon in.

Sugary drinks give you the wrong sort of buzz.
Firstly they make you sick. Just two soft drinks (75 grams of glucose) results in the free radical production of damaged fatty acids called isoprostanes to rise by 34% in just 90 minutes after consumption, Secondly, they make you stressed. One study at Yale University gave 25 healthy children the same amount of sugar found in one soft drink and found that their adrenaline levels were boosted to more than 5 times normal levels for up to 5 hours later.

Neuro-nutrition
You don’t need to reach for the medicine cabinet every time you want to feel better. Often making sure you get some exercise, sleep well and eat well can make an amazing difference to how switched on you feel.

Foods that improve your mood, sleep and calmness
These are foods that have relatively high levels of the amino acid, L-tryptophan. L-tryptophan synthesises in your brain into serotonin the most powerful anti-depressant known to humankind. It also makes you sweeter, calmer and helps you to sleep better. The foods that are rich in L-tryptophan include: Turkey Lean Beef Almonds Milk Whole wheat Pumpkin seeds Cottage Cheese Omega 3 fatty acids Soybeans

Food that improve happiness, concentration and motivation.
Tyrosine is the amino acid that synthesises in your brain to create dopamine. Dopamine is the neuro-chemical related to motivation and concentration. It helps you to feel pumped and raring to go. The foods that are rich in tyrosine include: Fish Oats Dairy Chicken Yoghurt Milk

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