

Food & the Brain



Today We Learned | Food and the Brain

- What we eat greatly impacts not only our physical health but also our brain health, emotional state, and overall mental health.
- The gut (digestive system) is referred to as our second brain. The same signals that control brain functioning such as emotions and thinking are also released from our digestive tract.
- Diets containing lots of processed and ultra-processed foods and trans-fats have been shown to impact our emotions negatively.
- A healthy diet that highlights fruits, vegetables, whole grains and healthy fats, and includes moderate amounts of dairy and high quality animal protein, promotes physical health as well as brain health.

Breakfast Idea | Hummus toast with cucumbers

Hummus toast is a delicious fast breakfast option. Easy to make with minimal ingredients, this toast will start your day off with much needed protein, fiber, healthy fats, vitamins and minerals. Here's how to make it:

- Choose any type of whole grain bread and toast it for an extra crispy texture.
- Spread on hummus, you can use homemade or any of your preferred store-bought options.
- Top with round slices of cucumbers and sprinkle on any spices you prefer, such as a dash of pepper, garlic or even dried dill.

Tips and Tricks

1. **Add color** *If you don't have cucumbers at home don't fret! Use any vegetables such as tomatoes, sliced radish, bell peppers and even some slices of avocado. Not only will it add to its nutrient profile, but will also add a splash of color.*
2. **Sweet tooth** *Many of us want something sweet for breakfast, and surprisingly this hummus toast can give us just that. Instead of the cucumbers, top with sliced banana, drizzle with some maple syrup and sprinkle some cinnamon. This substitution will give you the benefits of a hummus toast with a delightful burst of sweetness.*
3. **Brown or whole grain** *When choosing a bread, choose one that has the word WHOLE on it. Companies can quickly mislead you with a claim such as multi-grain or even with color being a bit darker than white bread. Furthermore, on the ingredient list you want the first ingredient to be whole grain or 100 percent whole flour.*

