

Optimize Your Brain

Protein for mental health

Small frequent meals that contain protein help the brain synthesize dopamine and serotonin, and stabilize blood glucose to help you feel better. It is also important to eat vegetables, fruits, and whole grains.

Benefits of eating enough protein

- Less fatigue, particularly in the afternoons
- Better sleep
- **More** energy
- Hungry **less** often
- **Better**, more stable moods
- **Higher** metabolism from having a higher muscle mass

YOUR WEIGHT (lbs)	TARGET (g protein)	ACCEPTABLE RANGE (g protein)
100	40	36-45
120	48	43-54
140	56	50-63
160	64	57-72
180	72	64-81
200	80	71-90

“Lizard Brain” treat:

- 1/4 cup of fruit juice or a ‘tot box’ of juice
- 1/4 cup of nuts (almonds, cashews, hazelnuts)

Use the Lizard Brain Treat when you are:

- Anxious, irritated, and/or agitated.
- Anticipating something that makes you anxious, irritated and/or agitated.
- Not hungry after waking in the morning. (Try keeping nuts and juice on your bed stand and consuming the treat prior to getting out of bed)
- Hungry, having gone too long (more than 4 hours) without eating.
- Having 3 AM “committee meetings”: waking at 3 AM and being sure that sleep won’t come for 2 hours.

HEALTHY PROTEIN SOURCES:

Legumes			Nuts		
Firm Tofu	1/2 cup	20 g	Nuts	1/4 cup	8 g
Tofu	1/2 cup	10 g	Seeds	2 tbsp	3 g
Tempeh	1/2 cup	16 g	Nut butter	2 tbsp	8 g
Lentils	1/2 cup	9 g	Seed butter	2 tbsp	5 g
Refried beans	1/2 cup	8 g	Milk Products		
Whole beans	1/2 cup	7 g	Cottage cheese (LF)	1/2 cup	12 g
Gardenburger	1 patty	11 g	High Protein Yogurt	1/2 cup	8-9 g
Seed Grains			(Not milk or cheese)		
Quinoa	1/2 cup	11 g	Eggs		
Barley	1/2 cup	10 g	Egg, whole	1 egg	7 g
Dark rye flour	1/2 cup	9 g	Note: Egg yolks contain nutrients that are excellent for the brain. Clinically, I have not seen milk or cheese serve as a protein source in adults.		
Millet	1/2 cup	4 g	Other		
Oats	1/2 cup	3 g	Protein powder	1 tbsp	9-15 g
Brown rice	1/2 cup	3 g	Yogurt (LF)	1 cup	8-14 g
White rice	1/2 cup	3 g	Wild fish	3 oz	21 g
Dairy Substitutes			Chicken, Turkey, Beef, Pork	3 oz	21 g
Soy milk	1 cup	6 g			
Soy cheese	1 oz	4-7 g			
Soy yogurt	1 cup	6 g			

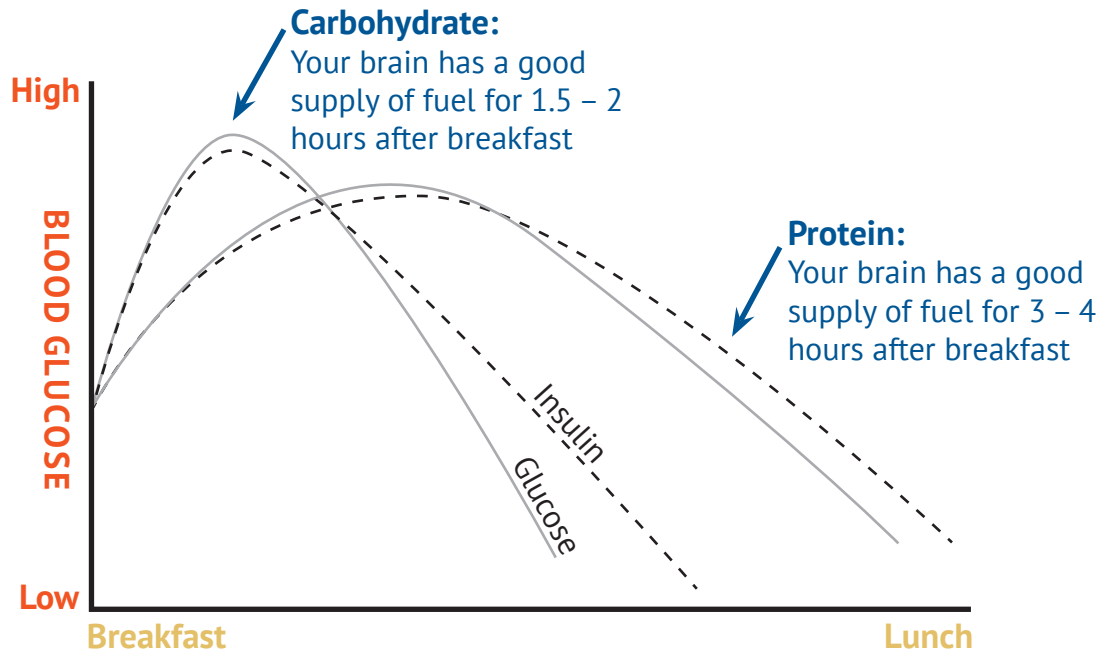
PORTION CONTROL:

Here are some visual clues to help you keep servings to the proper size:

- **3 oz of any meat** = a deck of playing cards
- **1/2 cup cooked grain** = a small fist
- **1 oz cheese** = a thumb
- **1 oz nuts** = a golf ball
- **1 tbsp nut butter or nuts** = a silver dollar or a walnut

Please consult with your doctor before changing your diet.

Carbohydrates vs. Protein



Three-day experiment for more energy and mental clarity: Protein every three hours

- 7 AM** **Breakfast:** (14 grams of protein) within an hour of waking
Two eggs, 1 piece of toast, one apple or pear
- 10 AM** **Snack:** (6-7 grams of protein)
1/4 cup of nuts: almonds, peanuts, cashews, and hazelnuts
Or 1/4 cup of cottage cheese
Or 2 tbsp of nut butter—peanut, almond, and/or cashew
- 12-1 PM** **Lunch:** (21 grams of protein) meat the size of a deck of cards
This can be a sandwich, wrap, salad, or soup
Plus 1 cup of veggies and/or 1 cup of whole, real grain—brown rice, quinoa, bulgar
Be sure that you consume a little bit of veggie fat—avocado, nut oil, and/or olive oil.
- 3 PM** **Snack:** (6-7 grams of protein)
1/4 cup of nuts: almonds, peanuts, cashews, and hazelnuts
Or 1/4 cup of cottage cheese
Or 2 tbsp of nut butter—peanut, almond, and/or cashew
- 6 PM** **Dinner:** (21 grams of protein) meat the size of a deck of cards
This can be a sandwich, wrap, salad, or soup
Plus 1 cup of veggies or 1 cup of whole, real grain—brown rice, quinoa, and/or bulgar
Be sure that you consume a little bit of veggie fat—avocado, nut oil, and/or olive oil.
- Before Bed** 1-2 slices of turkey meat

Please consult with your doctor before changing your diet.