



The “Feed your Brain” Guide

An optimized gut is a happier mind, that’s just the science.

By Hygge & Co. Psychotherapy & Wellness

Based on research & Findings from: Kaplan, B.J., & Rucklidge, J.F. (2022). The Better Brain: Overcome Anxiety, combat depression, and reduce ADHD and stress with nutrition. Mariner Books.

Date:

S | M | T | W | T | F | S

Hydration (One drop is 500 ml)



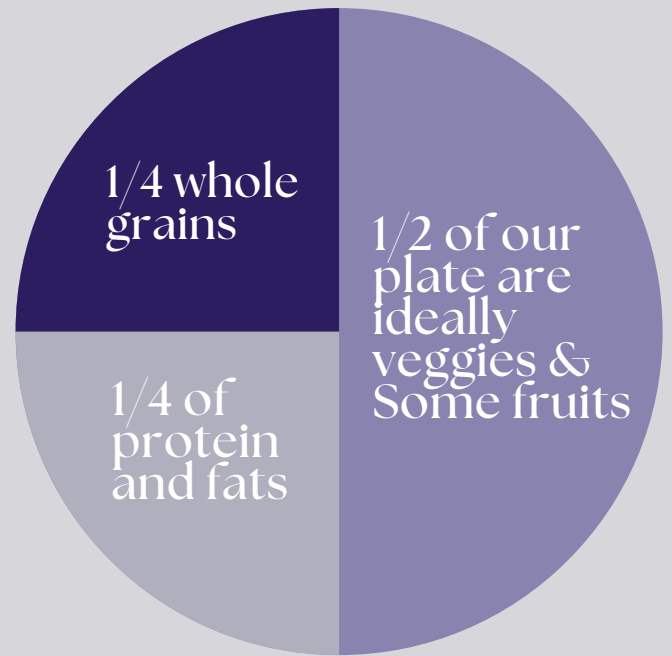
Prebiotic foods

We need to feed the healthy bacteria in our gut.
So- Did you eat non-digestible dietary fibre?

Amount
(We want 2,5-10g
of PF daily)

- Beans _____
- Lentils _____
- Asparagus _____
- Onions _____
- Garlic _____
- Leeks _____
- Beets _____
- Oats _____
- Flaxseeds _____

What your meal/plate
will ideally look like:



Protein & Healthy fats

Amount

- Nuts & Nut butter- almond, cashew, peanut _____
- Yogurt, plain or greek (unsweetened) _____
- Fish, can be canned Tofu _____
- Poultry, like skinless chicken breast Eggs _____
- Legumes, like dried chickpeas, lentils, and peas _____

RULE OF THUMB

Focus on real & Whole foods first -
avoid boxes, bags, or cans with LONG
ingredient lists

Eat how your grandparents ate!

*NOTE: This is not medical advice. Before making any significant dietary and lifestyle changes, consult your doctor/medical practitioner

Minerals: Vit-B, Omega 3's, Vit-C, for starters

- Dark leafy greens
- Whole grain bread

- Fresh fruits

- Lean red meats

- Olive oil (EV) or Avocado oil

- Cheese, minimally processed

Amount



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* No time? Quick hits:

1. Apple slices, cheddar, almonds or walnuts, and wholegrain crackers
2. A can of tuna on some romaine with EVOO, parmesan, lemon S&P
3. Yogurt with sliced apples, walnuts, and honey

* Remember, It's about balance! Try the 80/20 rule with your diet.

Now, let's track how these eating habits change how you feel

Mood prompts

- Calm
- Anxious
- Focused
- Scattered
- Overwhelmed
- Decisive

Rate your mood:

1 = poor



10 = optimal

Notes - to remember, reflections, lessons, preferences
