



## It's Time for an Oil Change

### Healthful fats are necessary for:

- ✓ absorption of fat-soluble vitamins and phytochemicals.
- ✓ providing a rich supply of antioxidants and flavonoids.
- ✓ helping to reduce free-radical damage in your body and brain.
- ✓ helping arterial walls become more flexible.
- ✓ aiding in blood-sugar and insulin control.
- ✓ increasing cell-membrane fluidity and flexibility.
- ✓ increasing cell responsiveness to hormone messengers.
- ✓ balancing hormone production.
- ✓ having a calming effect; low levels associated with depression.
- ✓ aiding in the treatment of some cases of attention-deficit hyperactivity disorder.
- ✓ increasing attention spans and cognitive function in the elderly.

#### Sources:

##### Omega-3 Fats:

- Ground flax seed
- Walnuts
- Soy

##### Monounsaturated Fats:

- Olives
- Nuts & seeds
- Avocados
- Olive Oil

### High-saturated fats, trans fats, and omega-6 fats can impair mental function by:

- ✓ interfering with brain glucose metabolism, the body's use of insulin and a general decline in energy.
- ✓ interfering with the metabolism of essential fatty acids.
- ✓ causing low levels of nutrients such as magnesium.
- ✓ causing buildup of atherosclerosis.
- ✓ increasing stress-hormone production.
- ✓ decreasing mental alertness and concentration.
- ✓ increasing depression.
- ✓ causing slower thinking or permanent memory impairment.

#### Sources:

- Meats
- Fast foods
- Commercially prepared foods
- Margarine
- Pastries
- Crackers
- Chips

### For maximum brain function & protection:

- ✓ Eat a plant-based diet which includes essential vitamins, minerals, fiber, phytochemicals, and antioxidants.