



Your guide to brain and immunity boosting foods

Adopt healthy eating habits
to keep your body and mind sharp.

Nourish your body and mind

Choosing healthful foods is essential to help you be your best you.

Keep your brain sharp

Foods rich in omega-3 fatty acids, B vitamins, and antioxidants support better brain power. Find these healthful components in green veggies, berries, nuts, and fatty fish. Try making a [strawberry spinach salad](#).

Boost your immune system

Stay well by eating foods that are high in Vitamin A, Vitamin C, Vitamin E, and zinc. Protein also helps protect your body against pathogens. Find these components in foods like berries, citrus, broccoli, carrots, avocados, nuts and seeds. Try making [oatmeal and orange pancakes](#).

Find your focus

Beat brain fog by staying hydrated and eating complex carbohydrates and inflammation-fighting herbs and foods. Try foods like berries, whole grains, sweet potatoes, beans, basil, ginger, and turmeric. Try making [sweet potato and black bean burritos](#).

Did you know your brain is made of 80% water? Water is needed for every chemical reaction happening in the brain. Start your day off with a glass of water or herbal tea.



Power up your meals

Get more immune and brain boosting foods onto your plate each day. Whether it's finding new recipes, exploring the produce aisle, preparing healthful snacks, cooking mindfully, or eating at the table – there are many ways to nourish your body and mind.

Learn more from the Health Coaching team:
ProvidenceHealthPlan.com/HealthCoach

Stock your kitchen

Keep a variety of dried or canned beans, frozen vegetables and fruits on hand. Snack smart with nuts, fresh fruit, cut up vegetables, and plain Greek yogurt.

Try simple substitutions to give your recipes a healthy boost

Cook with healthy fats, like olive or avocado oil. Choose to grill, steam or bake your foods instead of deep frying. And try seasoning with garlic or other herbs before adding salt.

Listen to your gut

Be aware of the signals your stomach is sending to your brain. Listen to your state of hunger and fullness. Check in halfway through your meal to see how full you feel. Leftovers are great!

Foods to boost your brain power and strengthen your immune system



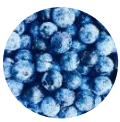
Leafy Greens

- Spinach, kale, collard greens
- Contains Vitamin K, folate and phytonutrients
- Promotes healthy cell growth, reduces inflammation, and increases ability to fight infections



Red and Orange Veggies

- Carrots, sweet potatoes, red bell peppers
- Contains Vitamin A (beta carotene)
- Strengthens immune system against infection



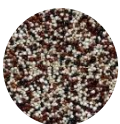
Berries

- Blueberries, blackberries, strawberries
- Contains phytonutrients, like flavonoids and antioxidants
- Improves short-term memory and boosts learning



Citrus

- Oranges, grapefruit, lemons
- Contains Vitamin C
- Protects against cell damage from aging and related memory loss and helps stimulate antibodies



Whole Grains

- Oatmeal, quinoa, whole-wheat pasta
- Contains Vitamin E and releases glucose (energy) into your bloodstream at a slow, steady pace
- Improves concentration and focus



Nuts

- Almonds, hazelnuts, pumpkin seeds
- Contains Vitamin E and antioxidants
- Protects against cognitive decline, improves memory, and helps fight off infections



Fatty Fish

- Salmon, trout, tuna
- Contains omega-3 fatty acids and Vitamin D
- Supports healthy brain function, builds brain cells, and reduces memory loss



Healthy Fats

- Avocados, flaxseeds, olive oil
- Contains monounsaturated fats
- Supports healthy brain function



Herbs

- Ginger, turmeric, basil, herbal tea
- Contains antioxidants
- Promotes gut health and helps fight inflammation



Probiotics

- Plain Greek yogurt, kimchi, kombucha
- Bacteria that helps digest food and support immune system
- Promotes gut health

Partner with a health coach

Our health coaching team is here to support your well-being journey and help you reach True Health.

For more information, visit:

ProvidenceHealthPlan.com/HealthCoach



Fuel your brain

Build a vitamin-packed smoothie powered with protein, complex carbs, and healthy fats.

- 01 Base**
Start with 1 cup of liquid – use beverages like low-fat milk, nut milk, oat milk, coconut water, or 100% juice. If you choose a non-dairy milk, make sure it's unsweetened.
- 02 Leafy greens**
Add a handful or two of dark leafy greens – like spinach, kale, bok choy, swiss chard, or a power green mix. Other veggies work too – like carrots, beets, or cucumber.
- 03 Healthy fats**
Add a little bit of healthy fat – like $\frac{1}{4}$ of an avocado or 1 tbsp. of nut butter or flaxseeds.
- 04 Protein**
Power up your smoothie with protein – use $\frac{1}{2}$ c. yogurt, 1 scoop of protein powder or 2–3 tbsp. of hemp hearts.
- 05 Fruit**
Add a bit of sweetness with 1 cup of fruit – like strawberries, blueberries, cherries, bananas, pineapple, or mango.
- 06 Superfoods**
Add a nutritional boost with 1 tsp. of a superfood – like cinnamon, matcha, ginger, turmeric, goji berries, cacao powder, or ginseng powder.

Brain powered, anti-stress smoothie

**Packed with nutrients to boost your immunity
and fuel your mind**

Servings: 1

Ingredients

- 1 c. unsweetened almond or soy milk
 - (optional protein fortified nut milk)
- 1-2 handfuls of spinach
- 1 frozen banana
- 2 soft pitted dates
- 2 tbsp. hemp hearts
- 1 tbsp. natural almond butter
- 2 ice cubes
- ½ tsp matcha or ginseng powder, optional

Instructions

1. Combine all ingredients in a blender, and blend on high until smooth and frothy.

A recipe from Colleen Kuhn, RD, Providence Health Coach





Feel your best

Start by taking care of you

Get moving

Movement relieves stress, improves mood and sleep, gives you energy and can lower your risk of chronic conditions like hypertension, heart disease and dementia. It's never too late to start! Being active can make a big difference in your well-being.

Nourish your body

Healthy eating is essential to help you be your best you. Eat lots of fresh fruits, vegetables and lean proteins. A well-balanced diet helps us obtain valuable vitamins and minerals that keep our immune systems working well. Limit alcohol consumption and exposure to cigarette smoke which can suppress the immune system.

Get adequate sleep

Aim for 7 or more hours of sleep each night. Getting quality sleep on a regular basis strengthens your immune system, helping your body fight off colds, the flu and other infections.

Take time to relax and recharge

Practice yoga, listen to calming music, try mindfulness meditation or deep breathing, or just do a quick body scan to identify areas of tension and relax those muscles. Try an app, like Calm or Headspace, for guidance on these techniques.

Connect with family and friends

Nurture your relationships where there is mutual respect and support. Go for a neighborhood walk, meet up for coffee, arrange a video chat or plan a game night with friends.

Schedule your well-care visit

Connect with your provider to discuss your overall health and well-being and stay up to date with routine screenings and immunizations. Use the [Providence Health Plan Provider Directory](#) for help finding an in-network primary care provider.

Get your annual flu shot

The CDC recommends that most individuals aged six months and older get a flu vaccine each year. Flu shots are especially important for people with chronic conditions, pregnant women, and children. Getting vaccinated protects not only yourself, but all of those around you.

Practice good hygiene

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.



Team up with a health coach

Our Providence health coaches are here to support your lifestyle goals. Get started at ProvidenceHealthPlan.com/healthcoach or call 888-819-8999.



Want to learn more about healthy eating?

Check out resources from these organizations:

Providence

Health Coaching

providencehealthplan.com/member-perks/health-coaching/resources-and-tools/

Basecamp

welcometobasecamp.org

Providence Blog

blog.providence.org/nutrition

Physicians Committee for Responsible Medicine

pcrm.org/

American Heart Association

heart.org/en/healthy-living/healthy-eating

Food Hero, Oregon State University

foodhero.org/

The Nutrition Source, Harvard University

hsph.harvard.edu/nutritionsource/

MyFitnessPal

blog.myfitnesspal.com/

Mealime

mealime.com/





When you're healthy, you can feel inspired to do great things for your community and the world at large. We believe healthcare is a human right – everyone has a right to quality healthcare. We're dedicated to the health and care of every member of our community, no matter where they live or who they work for.

Because everyone's well-being matters.

Our Providence health coaches are here to support your journey to a healthier, happier life. Ready to get started? Our health coaching team will be glad to help. Call [503-574-6000](tel:503-574-6000) to begin the process.

ProvidenceHealthPlan.com/HealthCoach