





BLAZINGBRAINS.

Nutrition Quickstart Guide

3 Keys to Supporting Your Child's Mood, Focus, & Energy through Nutrition



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Introduction to the Blazing Brains Nutrition Quickstart Guide

Whether you're taking your child through these steps for the first time or you're a seasoned pro, this guide will help you understand your child's brain and how nutrition can help, then you'll be on your way to a healthier, happier child.

As a neuroscientist, I know that the brain is the most important organ in the body. It's the seat of our emotions, our thoughts, and our actions. And it's also the most vulnerable. That's why it's so important to take care of it. This guide is focused on three key components of brain health:

- Protein
- Omega-3s
- Magnesium

By making small changes in these areas, you can help your child's brain health and overall well-being.

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Nutrition for Healthy Brains
Key 1: Protein

Protein is the building block of life. It's what your child's body needs to grow and develop. It's also what your child's brain needs to function properly. Without enough protein, your child's brain can't do its job. This guide will help you understand how to get your child the protein they need.



Nutrition for Healthy Brains
Key 2: Omega-3s

Dietary Sources of EPA + DHA

Food (serving size)	EPA (grams per serving)	DHA (grams per serving)
Salmon, wild (3 oz)	1.1	0.5
Salmon, farmed (3 oz)	0.8	0.3
Albacore tuna (3 oz)	0.4	0.2
Sardines (3 oz)	0.3	0.1
Flaxseed oil (1 tsp)	0.7	0.0
Walnut oil (1 tsp)	0.7	0.0

Source: National Health Service, UK



Nutrition for Healthy Brains
Key 3: Magnesium

Magnesium is an important mineral for nervous system regulation, and is required for over 300 reactions in the body. Some of the key roles that magnesium plays in the brain include protein synthesis, energy production, and blood sugar regulation. Magnesium deficiency has been linked to poor memory, fatigue, depression, and poor appetite. For low magnesium levels in children, it's important to get your child's diet on track. Some of the best sources of magnesium include leafy greens, nuts, and seeds. This guide will help you understand how to get your child the magnesium they need.

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Precision Nutrition Quick Start Guide

Judd E. Hollander



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