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Ask the Nutrition Lab



Q: I struggle with portion control. Any advice?

— MARGARET W.

Your hands are a great built-in tool to help you manage portioning. For each meal, aim to have about a palm-size amount of protein, a fist-size serving of grains or fiber-rich starch and a thumb's worth of healthy fats. Remember to fill at least half of your plate with veggies too. For snacks, avoid eating straight from the bag. Put a serving onto a plate or into a bowl or a reusable container. To take it further, you can try intentionally sized dishes such as Ilana Housewares'—I use the brand's bowls and glasses regularly.



CRAVING CRUSHER BOWLS, \$68 FOR FOUR, ILANAHOUSEWARES.COM

Danielle Carson/Al (nutritious foods)

Brain Health: Food for Thought

You don't need fancy supplements to stay sharp. Instead, try optimizing something you already do every day — eating! The right combo of nutrients fuels the brain and can positively affect everything from memory and mood to focus and long-term cognitive health. Keep these staples on hand and consider these hacks for creating more brain-friendly bites.

CANNED SALMON

Convenient, affordable and shelf-stable, canned salmon is rich in fatty acids that can support memory and brain health. Use it to make salmon burgers or wrap it in a sheet of dried seaweed (nori) with veggies to make a tasty hand roll. You can even add it to avocado toast or an omelet with a pinch of smoked sea salt for a lox-like vibe.

BLUEBERRIES

Eating these antioxidant-rich berries regularly may delay brain aging over time. Keep frozen ones on hand to add to smoothies, yogurt parfaits

and morning oats; also, they pair well in sauces for meats like beef, pork and duck.

CHIA SEEDS

Small but mighty, they're full of brain-healthy fats, protein and fiber. Make homemade jam by mixing mashed berries with chia seeds and a touch of maple syrup, or try various flavors of chia seed pudding.

LEAFY GREENS

Sick of salad? Throw a handful of spinach into your morning smoothie — it may change the color but won't affect the taste, and it will provide lots of vitamins, antioxidants and minerals that contribute to good brain function.

WALNUTS

Packed with omega-3's, these brain-shaped nuts are great to swap in for pine nuts in homemade pesto or add texture to pancakes, roasted veggies or salads.



The MIND Diet by Maggie Moon, M.S., R.D. For a deeper dive into the connection between food and brain health, check out the second edition of this classic by a registered dietitian. \$17, AMAZON