

MIND • BODY • FOOD

FOOD FOR THOUGHT

Your Brain Needs Fuel Too

Nourishment supports thinking, memory, concentration and movement.

The brain is continuously active, including during rest. It relies on the body's supply of energy and nutrients to support thinking, memory, concentration, movement and many other processes.

Space to Breathe Therapy

Understanding the bigger picture

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Points to hold in mind

- The brain uses energy continuously as part of normal body function.
- Regular access to adequate food and fluid can support cognitive and physical capacity.
- Brain fog and concentration changes have many possible causes beyond food alone.

A balanced perspective

Food and eating are influenced by biology, psychology, relationships, culture, access and the environment. Useful guidance makes room for the whole person rather than reducing experience to one rule.

Questions for personal reflection

Use these prompts gently. You do not need to answer them all, and there is no correct response. They can be explored privately or with a trusted professional or supporter.

When concentration becomes harder

Whether eating or drinking changes anything

Sleep stress medication and health context

Accessible nourishment options

When to seek further advice

Taking the idea forward

Notice without judgement

Observe what happens across more than one occasion before drawing conclusions.

Keep needs individual

Respect allergies, intolerances, sensory preferences, culture, access, health conditions and medical advice.

Choose achievable support

Small changes to availability, preparation, routine or support may be more useful than a complete overhaul.

Ask when unsure

A GP, registered dietitian or suitable specialist can help when symptoms, restriction or health needs are complex.

Important context

Food supports brain function, but persistent cognitive changes should not be assumed to have a nutritional cause without appropriate assessment.