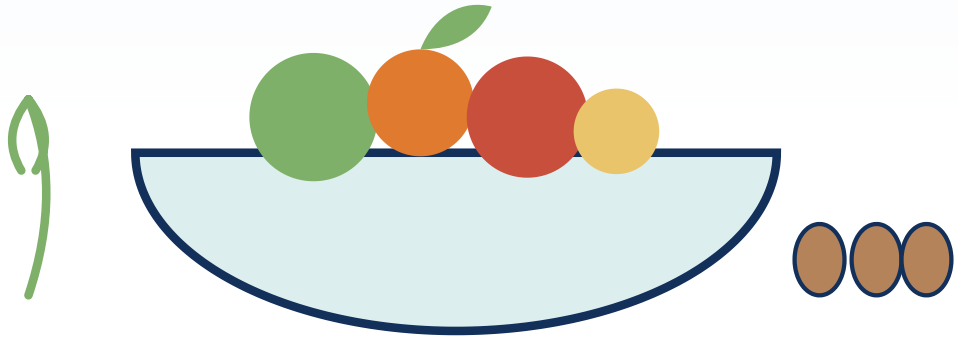
Simple Indian food that protects the brain

Food for the Brain



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

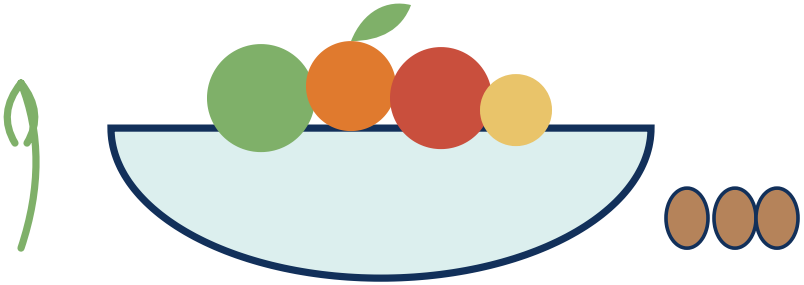
- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

Your brain is hungry



The brain uses about one-fifth of the body's energy. It needs regular meals, enough water and some key vitamins and minerals.

> Skipping meals and not drinking enough water are common triggers for headache and migraine.



Key nutrients and Indian sources

Vitamin B12

Milk, curd, paneer, eggs, fish. Vegetarians are often low – this can cause tingling, weakness and poor memory.

Iron

Green leafy vegetables, dals, jaggery, dates, ragi. Take with lemon or amla for better absorption.

Iodine

Use only iodised salt – essential for the baby's brain in pregnancy.

Folic acid

Green vegetables, dals. Taken before and during pregnancy, it prevents spine defects in the baby.

More brain-friendly foods

Omega-3 fats

Walnuts, flaxseed (alsi), mustard oil, fish.

Vitamin D

15–20 minutes of sunlight on arms and face. A test is needed before supplements.

Whole grains and fibre

Jowar, bajra, brown rice, whole wheat – steady energy for the brain.

Colourful vegetables and fruit

Spinach, carrots, beetroot, guava, berries – protect brain cells.

A healthy plate

- Half: vegetables and fruit
- Quarter: whole grains
- Quarter: dal, paneer, eggs or fish

What to limit

- **Salt** – too much raises BP, the biggest cause of stroke
- **Sugar and sweets** – diabetes damages nerves and blood vessels
- **Fried and packaged snacks**, trans fats
- **Alcohol** – damages nerves, memory and balance
- **Tobacco, gutkha** – greatly increase stroke risk
- **Too much tea and coffee** – poor sleep, headache

Beware of

- Costly 'memory tonics' and 'brain boosters' – no proven benefit
- Very strict diets without advice

Special situations

Pregnancy

Iron, folic acid, iodised salt and a balanced diet for the baby's brain.

Children

No junk food at school; milk, eggs or dal, fruit and home-made snacks.

Older people

Enough protein and water; B12 and vitamin D checked if advised.

Epilepsy

Eat regularly; some special diets are used only under medical supervision.

Migraine

Regular meals and water; note foods that trigger your headache.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

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www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.