Feeding the brain

Weighing in at just three pounds, our brain consumes 15 percent of our total cardiac output, 20 percent of our total oxygen consumption and 25 percent of our total glucose use. When the brain is fully working, it uses more energy per unit of tissue weight than fully exercising quadriceps – yet, many of us are leading lifestyles that don’t necessarily serve good cognitive function and long-term brain health. Sharon McDowell Larsen talks us through what it takes to cultivate a healthy brain.