

Food Foundations

for Brain and Metabolic Health



What we eat matters. When we eat matters.



Timing Matters

Align meals with your body's daily rhythm.



No Diet Rules

Focus on principles, not perfection.

Different approaches can work. Build habits you enjoy.



Mostly Whole Foods

Limit ultra-processed foods and refined sugars.



Mostly Plants

Diversity and fiber feed the microbiome.

The microbiome feeds your body and brain.



Food First, Supplements Second

Build your nutrition foundation with real food.

Explore expert resources in the Nutrition Playbook

[AgeSmartLiving.com](https://www.agesmrtliving.com)