

Brain Food



Blueberries

These berries are antioxidant power-houses, protecting the brain from oxidative damage that leads to premature aging. The flavonoids in blueberries also improve the communication between neurons, improving memory, learning and all cognitive function.

Dark Chocolate

The flavonoids in chocolate improve blood vessel function, which in turn improves cognitive function and memory. It can also improve your mood and is full of antioxidants.

Sunflower Seeds

Sunflower seeds and other seeds like pumpkin seeds contain a rich mix of protein, omega fatty acids and B vitamins. These seeds also contain tryptophan, which the brain converts into serotonin to boost mood and combat depression.

Spinach

The nutrients in spinach prevent damage to DNA and slow down the effect of aging on the brain. It is also a good source of folate and vitamin E.

Whole Grains

Rich in complex carbohydrates, which is the brain's primary source of fuel. The brain cannot store glucose and relies on a steady stream for energy which whole grains can provide.

Olive Oil

An excellent source of monounsaturated fat, which has been shown to slow down the aging of the brain. They are a great source of B12. The B vitamins help to prevent the build-up of homocysteine, which may decrease cognitive function.

Brain Food

Continued

Tomatoes

The antioxidant lycopene found in tomatoes can help protect from free radical damage which can help with memory and may improve mood.

Beans and Legumes

An excellent source of complex carbohydrates which supplies a steady stream of energy to the brain. They are also rich in folate which is critical for brain function.

Avocado

A great source of monounsaturated fats, omega 3 and omega 6 fatty acids that increase blood flow to the brain, lower cholesterol and aid in the absorption of antioxidants.

Rosemary

Has been shown to improve memory and cognitive function with its scent alone. It also improves blood flow to the brain, improves mood and acts as an antioxidant.

Fatty Fish

(ex. salmon and sardines)

These fish are rich in omega 3 fatty acids which can help improve focus and memory and decrease inflammation.

Berries

Salmon

Eggs

Chicken and Turkey

Seeds:

Pumpkin, Sunflower,

Sesame, Flax, Chia,

Hemp Avocados Whole

Grains Beans &

Legumes Red Cabbage

Tomatoes Rosemary

Broccoli

Wheat Germ

Pomegranate Juice

Dark Chocolate

Dark Green

Leafy Vegetables:

Kale, Spinach

Bananas

Asparagus

Sweet Potatoes

Carrots

Beets

Garlic

Olive Oil

Coconut Oil