

[Brain] Healthy Foods

Avocados	Walnuts
Berries especially Blueberries	Peaches
Cherries	Plums
Beans	Red peppers
Broccoli	Wild salmon
Dairy, low fat	Spinach
Eggs (DHA)	Tomatoes
Oranges	Tuna
Oats	Turkey
Olives/olive oil	Yogurt
Chicken	Matcha (ground green tea, the full tea leaves)
Coffee [espresso]	[acceptable substitute: green tea]
100% organic non-alkalized cocoa powder from a high-quality maker [acceptable substitute: 80% dark chocolate]	

Supplements

1 – 2 g of fish oil w/ at least 300mg of EPA+DHA. Can switch up with 1TBSP of ground flaxseed (for ALAs) from time to time.

Notes

In general, dark-skinned fruits and vegetables have the highest levels of naturally occurring antioxidant levels. Such vegetables include: kale, spinach, brussels sprouts, alfalfa sprouts, broccoli, beets, red bell peppers, cauliflower, onion, corn and eggplant. Fruits with high antioxidant levels include avocados, oranges, prunes, raisins, cranberries, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes, kiwis and cherries.

Cold water fish contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.

Some nuts can be good: almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

10 Balanced Breakfasts

An ideal, nutritious breakfast contains a balance of complex carbohydrates and protein. Think grains, plus dairy, plus fruits. Examples of balanced breakfasts are:

- granola cereal, yogurt, a sliced apple
- scrambled eggs, toast, orange juice
- veggie omelet, bran muffin, fruit with yogurt
- whole-grain pancakes or waffles topped with berries and/or yogurt, milk
- whole-wheat zucchini pancakes topped with fruit, milk
- french toast topped with fruit, orange juice or milk
- low-fat cheese melted on toast with a piece of fruit
- low-fat cream cheese on a whole-grain bagel, orange juice
- peanut butter and banana slices on an english muffin, milk