

TOP 12 FOODS TO BOOST YOUR BRAIN

GREEN LEAFY VEGETABLES (GOAL 1-2 CUPS PER DAY)

Broccoli, kale, spinach*, collard greens, green leafy salad, Brussels sprouts, bok-choy*

ALL OTHER VEGETABLES (EXCEPT POTATOES) (2-3 CUPS PER DAY)

Beets, carrots, peppers, tomatoes*, avocado, onions, fennel, asparagus, peas, artichoke*

OMEGA-3 RICH SEAFOOD (3 SERVINGS PER WEEK)

Wild salmon, trout, sardines, herring, sole, oysters, mussels, clams

OLIVE OIL AND OTHER HEALTHY COOKING OILS (1-2 TBSP DAILY)

Extra virgin olive oil, avocado oil, almond oil, ghee

NUTS (1-2 OUNCES DAILY)

Almonds, pecans, walnuts, pistachios, hazelnuts, macadamia (raw, dry roasted, with or without salt are all ok)

BERRIES AND CHERRIES (1 CUP DAILY; FRESH OR FROZEN)

Blueberries, cherries, strawberries*, blackberries, raspberries*

COCOA AND DARK CHOCOLATE (2 TBSP COCOA, OR 2 OUNCES CHOCOLATE, DAILY)

Unprocessed cocoa powder, dark chocolate must be at least 70% cocoa

RED WINE (4.5 OUNCES DAILY)

Cabernet, merlot, pinot noir, Syrah, zinfandel (any you enjoy, even rose is ok)

CAFFEINE SOURCES (GREEN TEA/COFFEE) (3-4 CUPS OF TEA OR 1-3 CUPS OF COFFEE DAILY)

Matcha is the best tea (but any unsweetened black, oolong, or green tea) & any form of coffee

HERBS AND SPICES (2 TBSP FRESH HERBS OR 2 TSP DRIED HERBS DAILY)

Italian herb seasoning, fine herbs, thyme, dill weed, ground paprika, ground cayenne pepper, whole or ground black pepper, curry spice, cinnamon, cardamom, sea salt, fresh garlic, ginger (fresh gingerroot)

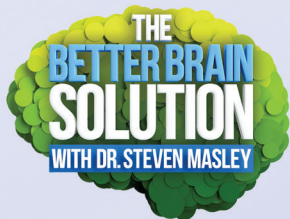
BEANS (1/2 CUP COOKED BEANS DAILY)

Black, red, pinto, garbanzo, lentils, navy, Cannellini, (any bean is good), plus edamame (all soy products should be organic, non-GMO)

PROBIOTIC FOODS (1-2 SERVINGS DAILY)

Organic keifer or yogurt, sauerkraut, pickles, miso, tempeh, kombucha, and/or natto

**Foods on the EWG Dirty Dozen List, or those high in pesticides should be bought organic.*



CRITICAL FOODS TO AVOID

PARTIALLY HYDROGENATED FATS

Don't buy foods with this ingredient listed; think of this ingredient as embalming fluid (typically found in package food such as chips, pastries, baked goods)

NITROSAMINES

Don't buy foods made with nitrosamines, such as bacon, sandwich meats, sausage, pepperoni, ham, and deli meats—choose nitrosamine-free only

SUGAR

White, brown, natural (skip it)

SODA (DIET OR REGULAR)

Choose unsweetened iced tea, club soda, or water

JUICE

OK to drink tomato or vegetable juice, but avoid fruit juices (such as orange, cranberry, and apple) due to their high sugar content

CEREAL (DRY)

The only cereal I recommend is oatmeal, preferably steel cut oatmeal. Avoid granola

WHITE RICE

Brown rice is better, but limit portions of even brown rice to 1 cup maximum/person/meal

WHITE PASTA

Quinoa pasta is better, but limit portion to 1 cup/meal

WHITE POTATOES

Sweet & purple potatoes are better; limit portion to 1 cup/meal

FRENCH FRIES, HASH BROWNS

Skip all processed potato products

CHIPS (CORN, POTATO, RICE)

Skip all processed chips; consider black bean chips

REFINED CARBS MADE OF FLOUR

This includes pretzels, tortillas, chips, crackers

BIG MOUTH FISH

Don't eat tuna, grouper, snapper, bass, swordfish, tile fish > 2-3 times/month as they are high in mercury

SWEETENED DESSERTS

Skip ice cream, fruit flavored yogurt, cookies, cake, puddings