

THE TOP 20 BRAIN FOODS

Easy Reference Guide

1. Whole grain foods
2. Walnuts, almonds, pecans & cashews
3. Berries
4. Sunflower or pumpkin seeds
5. Eggs
6. Avocados
7. Tomatoes
8. Broccoli
9. Red cabbage
10. Spinach
11. Green tea
12. Dark chocolate
13. Bananas
14. Yogurt
15. Cottage cheese
16. Eggplant
17. Extra lean beef
18. Wild salmon
19. Romaine lettuce
20. Dry beans