

BRAIN FOOD CHECKLIST

Foods to eat daily:	Foods to eat often:
<input type="checkbox"/> Dark green leafy vegetables (1 cup) <input type="checkbox"/> Other vegetables (3 additional servings) <input type="checkbox"/> Berries (≥1/2 cup) <input type="checkbox"/> Other fruits (≥ 1-2 servings total) <input type="checkbox"/> Olive oil (≥2 tablespoons) <input type="checkbox"/> Nuts - raw, unsalted (1 handful) <input type="checkbox"/> Flaxseeds and/or Chia Seeds (≥2 tbsp) <input type="checkbox"/> Green Tea <input type="checkbox"/> Vitamin D – 2000 IU	<input type="checkbox"/> Fatty fish - salmon, mackerel, herring, sardines & anchovies (2-3 times per week) <input type="checkbox"/> Legumes/beans <input type="checkbox"/> Eggs <input type="checkbox"/> Fermented foods - sauerkraut, probiotic yogurt, kefir, kimchi <input type="checkbox"/> Avocados
	<p style="text-align: center;">Always stay hydrated with lots of water!</p>
Foods to Minimize:	
Sugar, baked goods, cookies, desserts Refined carbohydrates (ex. white bread, white rice, crackers) Unhealthy fats (vegetable oil, sunflower oil, soybean oil, corn oil, canola oil) Salt Red meat, processed meat, smoked meats Alcohol	