

BRAIN FOOD CHECKLIST

Foods to eat daily:	Foods to eat often:
<ul style="list-style-type: none"><input type="checkbox"/> Dark green leafy vegetables (1 cup)<input type="checkbox"/> Other vegetables (3 additional servings)<input type="checkbox"/> Berries ($\geq 1/2$ 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	<ul style="list-style-type: none"><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
Always stay hydrated with lots of water!	
Foods to Minimize: <ul style="list-style-type: none">Sugar, baked goods, cookies, dessertsRefined carbohydrates (ex. white bread, white rice, crackers)Unhealthy fats (vegetable oil, sunflower oil, soybean oil, corn oil, canola oil)SaltRed meat, processed meat, smoked meatsAlcohol	