



# BRAIN FOODS



Without a healthy diet, it is difficult to concentrate, pay attention, remember and learn. This is especially critical to a child's success in school, and the back-to-school season is the perfect time to make some healthy changes to your entire family's diet and be sure that everyone is getting enough brain food! Eating foods with folate, omega-3 fatty acids and tryptophan are some of the best ways to get the nutrients you need to your brain. Here are some of the best brain foods that you can eat to optimize your brain function:



**Whole Grains**  
folate, B6 and thiamine;  
enhance memory and focus



**Eggs**  
choline and protein;  
boost memory, concentration  
and energy levels



**Nuts**  
omega-3 & 6 fatty acids;  
balance serotonin levels,  
boost mood



**Berries**  
high levels of antioxidants;  
boost brain function



**Seeds**  
omega-3 & 6 fatty acids,  
Vitamins A and E;  
improve mood and brain  
function



**Wild Salmon**  
rich source of omega-3  
fatty acids;  
improve mood, memory  
and concentration



**Avocadoes**  
healthy fats that boost  
concentration and brain  
development



**Tomatoes**  
lycopene  
(a powerful antioxidant);  
helps improve brain function



**Red Cabbage**  
polyphenols  
(powerful antioxidants)



**Spinach**  
folate;  
increases memory  
and concentration



**Green Tea**  
catechines and polyphenols;  
boosts dopamine levels  
to increase memory and  
concentration



**Bananas**  
Vitamin B6, potassium  
and folic acid;  
increase serotonin and  
boost mood



**Dark Chocolate**  
antioxidants and flavonoids;  
stimulate increased blood flow to brain resulting in  
improved memory and concentration



**Dry Beans**  
Vitamin B5, folic acid and magnesium;  
improve brain function

Add as many of these foods as possible into your diet to make healthy changes. You will notice a difference in your ability to pay attention, concentrate, remember and learn—and you will feel better and more energized, too!