

# BRAIN FOOD

**FOOD FOR THOUGHT: Foods that build & drain the brain**

## BRAIN BUILDERS

Avocados  
Bananas  
Beef, lean  
Broccoli  
Brown Rice  
Brussel sprouts  
Cantaloupe  
Cheese  
Chicken  
Collard greens  
Eggs  
Flaxseed oil  
Legumes  
Milk

Oatmeal  
Oranges  
Peanut Butter  
Peas  
Potatoes  
Romaine Lettuce  
Salmon  
Soybeans  
Spinach  
Tuna  
Turkey  
Wheat Germ  
Yogurt

## BRAIN DRAINERS

Artificial food colorings  
Artificial sweeteners  
Colas  
Corn syrup  
Frostings  
High-sugar "drinks"  
Hydrogenated fats  
Junk sugars  
Overeating  
White bread

### LOW MERCURY TOP 10:

Albacore tuna (troll/pole-caught), crab, haddock, perch, pollock, salmon, shrimp, tilapia, trout and whitefish

### HEALTH FACT:

Bananas contain dopamine (boosts memory and attention) and serotonin (elevates mood and helps control appetite, memory and learning). Bananas are high in sugar, so eat them with a little protein to help normalize the insulin response.