

THE TOP 20 BRAIN FOODS

Easy Reference Guide

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