

*Here's a simple list of foods that will not only support you physically but will also foster a calm clear mind. Try as much as possible to make organic and chemical-free choices when purchasing these foods. All of these foods are easy to prepare. Surf the web to find recipes that combine as many ingredients as possible. **We wish you twenty minutes of mindfulness every day!***

Grocery Item**How it promotes brain health**

Salmon and other small non-predatory fish like sardines

*Omega 3 fatty acids are a major building block of the brain
We can only get Omega 3s through diet!*

Slow-burning Carbs like beans, brown rice, and whole grains bread

*These food items release tryptophan, which aid in sleep
elevate mood and regulate cravings*

*Walnuts
Flax seed*

*Walnuts and flax seed are both versatile sources of
Omega 3*

Low-fat, free-range meat and poultry

*A good source of blood-sugar stabilizing
Protein*

Low-fat cottage cheese

A good source of protein for vegetarians

Free-range eggs

Eggs contain choline which help with learning and memory

Wheat Germ

*A great source of vitamin B. Many brain functions and
chemical conversions can not be completed without B
vitamins*

*Tomatoes
Leafy Greens*

*Provide the Bs and Cs along with important trace minerals
High in Iron, vitamin K and C. Essential for healthy brain
function*

Citrus

High in fiber and vitamin C. Choose whole citrus over juice

Berries

*Antioxidant and anti-inflammatory, berries actually help
repair age-related brain damage*

Low-fat yogurt

*The gut is sometimes referred to as the 'second brain'
yogurt helps promote healthy gut bacteria*

Green Tea

*The best natural source of L-theanine a natural promoter of
a calm, clear mind*

Dark Chocolate

*Yes, it's true! one or two ounces of chocolate provide
a health dose of antioxidants - eat with a
handful of nuts for an afternoon pick-me-up*

