

+50 BEST BRAIN FOODS

1. Almond milk, unsweetened
2. Almonds, raw
3. Apples
4. Asparagus
5. Avocados
6. Bananas
7. Barley
8. Beans
9. Beets
10. Bell peppers
11. Blackberries
12. Blueberries
13. Bok choy
14. Broccoli
15. Brussels sprouts
16. Cherries
17. Chicken, skinless
18. Coconut
19. Coconut oil
20. Egg whites -- DHA enriched
21. Gojiberries
22. Grapefruit
23. Green tea
24. Herring
25. Kiwi
26. Lemons
27. Lentils
28. Limes
29. Oats
30. Olive oil
31. Oranges
32. Peaches
33. Pears
34. Peas
35. Plums
36. Pomegranates
37. Quinoa
38. Raspberries
39. Red grapes
40. Salmon, wild
41. Soybeans
42. Spinach
43. Strawberries
44. Tomatoes
45. Tuna
46. Turkey, skinless
47. Walnuts
48. Water
49. Yams/sweet potatoes
50. Yogurt, low-fat, sugar- and artificial sweetener-free (sweeten with stevia and/or low-glycemic fruit, like blueberries, raspberries or strawberries)

By Dr. Daniel Amen