



Brain Food and Mood Food

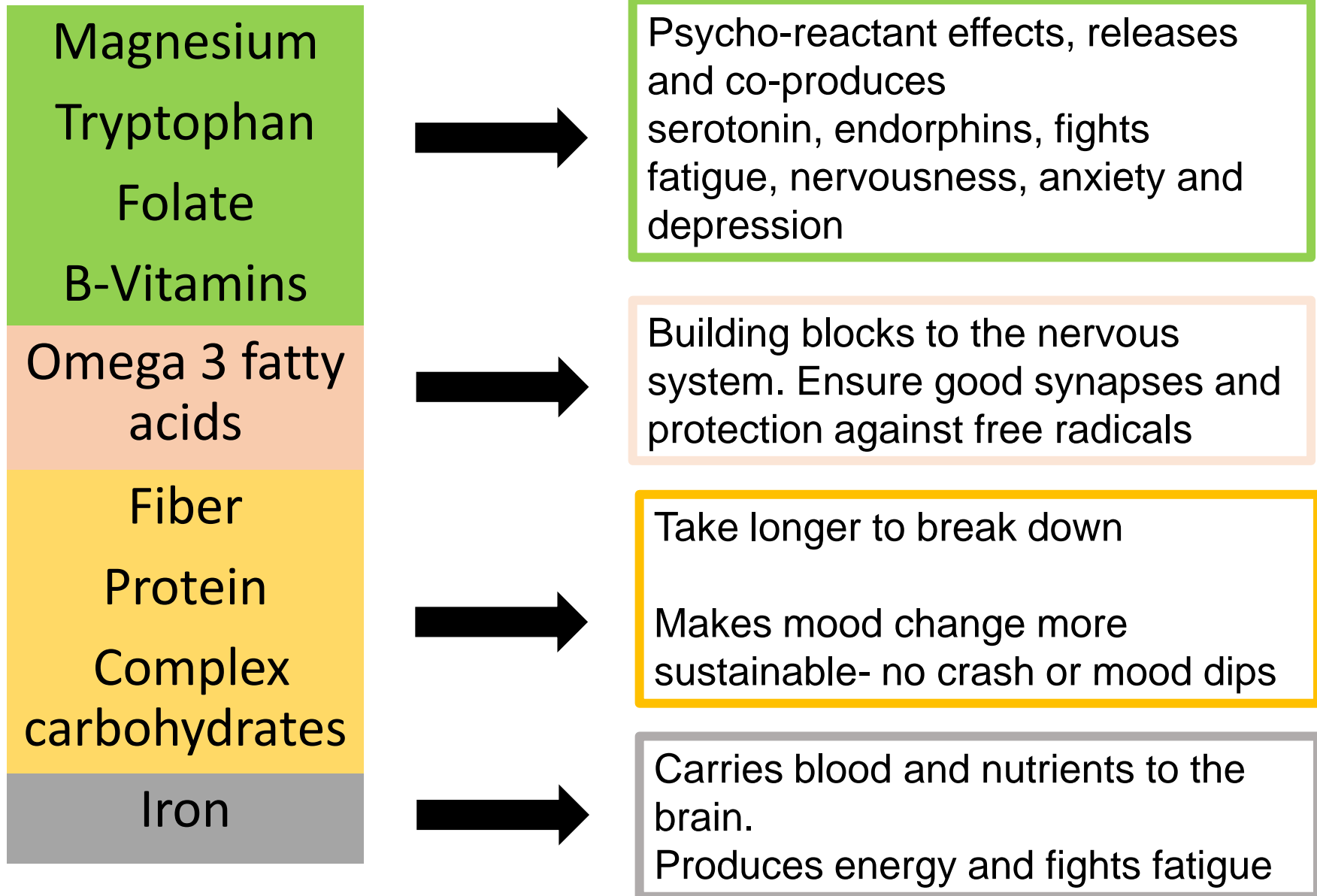
“Brain” Foods

Unsaturated Fats	→	Increase blood flow to the brain Decrease risk of dementia Slows age-related brain deterioration
Omega 3 fatty acids	→	Building blocks to the nerves Prevent blood clotting Anti-inflammatory Increase cognition and learning
Antioxidants	→	Combats toxins brought to brain by blood flow
B- Vitamins	→	Antioxidant, myelin, serotonin and dopamine Improves mood, alertness, memory
Caffeine	→	Enhance alertness, short-term memory, thinking and mental ability

“Brain” Foods

Unsaturated Fats	→	Fish, avocado, oils Fats not solid at room temperature
Omega 3 fatty acids	→	Fish (salmon), walnuts, scallops, soybeans, flax seeds, winter squash, soy oil, flax oil, canola oil
Antioxidants	→	Sunflower seeds, berries, almonds, hazelnuts, peanut butter, dark chocolate, avocado, leafy greens
B- Vitamins	→	Meat, beans, nuts, whole grains, green leafy vegetables, cauliflower, garlic
Caffeine	→	Coffee, tea, chocolate, soda, energy drinks

“Elevate Your Mood” Foods



Bananas



- Vitamins B6, A and C, fiber, tryptophan, potassium, iron, protein and healthy carbs
- Quick boost from fructose
- Sustaining energy from fiber
- B6 converts tryptophan into serotonin

Sunflower Seeds

- Magnesium- elevates and regulates moods, fights fatigue, nervousness and anxiety, increases adrenaline
- Folate- fights irritability, depression, insomnia, brain fog



Dark Chocolate



- Fat, sugar, caffeine and theobromine- swift burst of energy and mood lift
- Releases endorphins and serotonin naturally
- Flavonol- blood flow
- 70% or high cocoa level

Walnuts



- Vitamin B6 + tryptophan, protein, folate, Omega-3, and uridine
- Natural antidepressant
- Lasting energy

Eggs



- Protein, omega-3, riboflavin (B12), tryptophan
- Combine with complex carbohydrates (whole grain toast) to calm

Ham and Bacon



- Vitamin B1 (Thiamine) transforms carbs into energy
- Revitalizing effect
- Antidepressant action