

# **Good Brain Foods**

**Avocados**

**Bananas**

**Beef, lean**

**Brewer's yeast**

**Broccoli**

**Brown rice**

**Brussels 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**

# **Bad Brain Foods**

Alcohol

Artificial food colorings

Artificial sweeteners

Colas

Corn syrup

Frostings

High-sugar "drinks"

Hydrogenated fats

Junk sugars

Nicotine

Overeating

White bread