

SMART BRAIN DIET

Food to optimize your BRAIN function

The SMART BRAIN DIET is at it's foundation an Anti-inflammatory Diet, and includes additional "Brain Foods" that benefit brain function

Fruits & Vegetables: include 4-6 servings a day

- dark leafy greens, cauliflower, broccoli, Brussel sprouts, carrots, eggplant, purple cabbage, sweet potato, squash
- cherries, blueberries, blackberries, grapes, plums

Omega 3 Fats:

- fatty fish: salmon, mackerel, anchovies, sardines and herring, Also cod and tuna
- grass fed butter, and meats
- walnuts, flax seed, chia seed, almonds, pecans, and macadamia nuts

Monounsaturated Fats:

- olives, extra virgin olive oil, avocado oil, avocados, expeller pressed canola oil

Whole Grain Foods:

- legumes, beans, lentils, peas, brown rice, quinoa, oatmeal and bran

Herbs & Spices:

- paprika, rosemary, turmeric, cumin, cloves, cinnamon, marjoram, tarragon, green and black tea

Protein:

- beans, nuts, whole grains, seeds, grass-fed meat and wild caught fish

Desserts:

- limit sweets
- dark chocolate, 70% or greater



Avoid or Limit

Trans Fats:

- partially hydrogenated oils, baked goods, frozen pizzas, cookies and fried foods

Refined Vegetable Oils:

- soybean, corn, sunflower, safflower, grape-seed, and cottonseed. (Also, any seed oil not expeller pressed)

Sugars and Simple Carbohydrates:

- white breads, bagels, white pasta, instant and white rice, corn, sugary cereals, baked goods, candy, fruit juice

Processed Meats:

- lunch meat, hot dogs, bacon, pepperoni and sausage. Limit no nitrate options

Saturated Fats:

- choose lean cuts of meat, limit butter and full fat dairy like cream
- choose more fermented dairy like Kiefer and yogurt

Foods That Trigger Intolerance:

- commonly; gluten, dairy, corn, soy. eggs, peanuts and sugar



Eat these often...

*These are literally **BRAIN FOOD***

Cruciferous Vegetables: such as broccoli, cauliflower, cabbage, Brussels sprouts, and alliums such as garlic and onions.



Avocados, olive oil, nuts, and seeds



Leafy green vegetables: such as kale, spinach, arugula, collard greens, micro-greens, and lettuces



Herbs, spices, and teas: especially green and matcha. oregano, turmeric, ginger, cardamom, cloves, rosemary, nutmeg and cinnamon



Wild-caught fish: especially the SMASH fish: salmon, mackerel [not king or Spanish], anchovies, sardines, and herring
These are naturally low in mercury



Pastured eggs



Prebiotic foods and resistant starches:

mushrooms, jicama, leeks, legumes, green bananas, rutabagas onions and garlic, Jerusalem artichokes, apples, asparagus, chicory root, whole grain foods, cooled rice and potatoes, potato starch



Probiotic foods: with live active cultures such as: sauerkraut, kimchi, pickles, olives, yogurt, Kiefer, miso soup, and low sugar kombucha



Beets



Lions Mane mushrooms: from the fruited body



Wild berries, tart cherries, grapefruit, lemons, and limes



Dark chocolate and coffee!
(not to much)

