

# 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

## Eat More of These:

Choose organic, pasture or grass fed and wild when possible

### 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)



