

Essential Foods List

I like to recommend categories of foods, that way I can encourage eating a variety of foods and allow for personal preference. Here's a crazy-sounding acronym to remember: BBBAD-COWS (pronounced "buh-buh bad cows"). Remembering this will get you eating a huge amount of brain-healthy foods that you might otherwise not eat.



"NO -COST" SUGGESTIONS

It stands for:

Berries, **B**eans, **B**-vitamins, **A**lliums, **D**-vitamin, **C**rucifers, **O**mega-3 & healthy fats, **W**ater, **S**eeds & nuts.

Any foods from these categories are good for the brain, and variety is always recommended, so mix it up by eating different foods within in category, but 1 or 2 are considered "top-notch" , so you may want to eat them more than others:

B: Berries: blueberries

B: Beans (&other legumes): pinto beans, lentils

B- B-Vitamins: liver, nutritional yeast

A - Alliums: leeks, garlic, onions

D - D-Vitamins: mushrooms, certain fortified foods

C - Crucifers: broccoli, watercress

O - Omega-3s (& healthy fats): algae, avocados, uncontaminated fatty fish (think "SMASH" - salmon, mackerel, anchovies, sardines, and herring)

W - Water: spring or filtered water

S - Seeds & Nuts: walnuts

Probiotics indirectly improve brain health, so they shouldn't be left out. What's good for your gut is good for your brain and a leaky gut = a leaky brain. Probiotics are the live "good" bacteria your gut needs replenished in order to stay balanced. They're found in fermented foods like yogurt, apple cider vinegar, sauerkraut, kimchi, kombucha, miso, tempeh, olives, and kefir



"NO -COST" SUGGESTIONS

Here's a more detailed list of the BBBAD-COWS.

Any foods from these categories are good for the brain, and variety is always recommended, so mix it up by eating different foods within in category, but 1 or 2 are considered "top-notch" , so you may want to eat them more than others:

B: Berries: blueberries*, blackberries*, cherries*, cranberries*, raspberries*

B: Beans (& other legumes): pinto, black, garbanzo, lentils, peas and all other beans

B- B-Vitamins: salmon, spinach*, collard greens* (cooked-steamed is best), turnip greens* (cooked steamed is best), romaine lettuce*, liver and other organ meats, eggs (preferably from pastured hens), milk, beef (preferably grass-fed), oysters, clams, and mussels, legumes - especially black beans, chickpeas (aka garbanzo beans), kidney beans, lentils, pinto beans, green peas, edamame (Non-GMO), roasted soy nuts (Non-GMO), chicken (pastured), turkey (pastured), yogurt, nutritional yeast, pork (loin cuts), fortified cereals (check sugar content), trout, sunflower seeds.

A - Alliums: leeks*, garlic, onion, chives*, scallions*, shallots

D - D-Vitamins: fatty fish (Think "SMASH" = sardines, mackerel, anchovies, salmon, herring), cod liver oil, egg yolks, mushrooms, canned tuna, cheese, yogurt, kefir, fortified almond, rice, or soy milk, fortified orange juice, fortified tofu

C - Crucifers: broccoli, Brussel sprouts, collard greens*, kale*, mustard greens*, arugula*, cabbages, cauliflower*, kohlrabi*, radishes*, turnips*, bok choy

O - Omega-3s (& healthy fats): algae, avocados, uncontaminated fatty fish like wild salmon, and other "SMASH", coconut oil*(cold-pressed), olive oil (virgin, cold-pressed)

W - Water: spring or filtered water

S - Seeds & Nuts: (raw, unsalted, organic): All, but especially walnuts, almonds, pistachios, cashews, chia, flax, and sesame

Other brain-healthy foods you may want to include are: apples*, asparagus, bananas, bell peppers*, beets, carrots, yams*, sweet potatoes*, spices (especially turmeric and cinnamon), dark chocolate (85% or cacao), pomegranates, papaya*, lemons, limes, oranges, plums, red grapes*, honeydew, grapefruit, and tomatoes*.

(* Buy organic whenever possible.)



"NO -COST" SUGGESTIONS

Eating brain-healthy foods can:

- ~ slow cognitive decline
- ~ help get rid of toxins
- ~ improve memory
- ~ support proper blood flow
- ~ lower risk for Alzheimer's and dementia
- ~ improve communication pathways
- ~ lower oxidative stress to protect cell damage
- ~ lower risk for depression

Start adding more brain-healthy foods to your diet today.

