"Brain Power Foods"

Choose these foods to promote brain health!

The TOP 10 Foods for Brain Health
Salmon
Red Peppers
Spinach and Other Greens
Dried Beans
Cantaloupe
Whole Grains
Berries
Tomatoes
Citrus Fruits
Almonds

Vitamin C: Citrus Fruits, Strawberries, Cantaloupe, Broccoli, Red and Green Peppers, Cauliflower, Greens, Grapes, Tomatoes, Kiwi, Berries.

Beta-Carotene: Carrots, Sweet Potatoes, Spinach, Cantaloupe, Greens, Broccoli, Prunes, Mango, Pumpkin.

Omega-3 Fatty Acids: Salmon, sardines, Broccoli, Cauliflower, Red Kidney Beans, Canola Oil

Phytochemicals: Blueberries, Cranberries (most fruits and vegetables)

Folic Acid: Broccoli, Spinach, Greens, Lentils, Dried Beans, Asparagus, Pasta, Flour Tortilla, Romaine Lettuce, Tofu

Source: Office of Health Education, Wesleyan University