

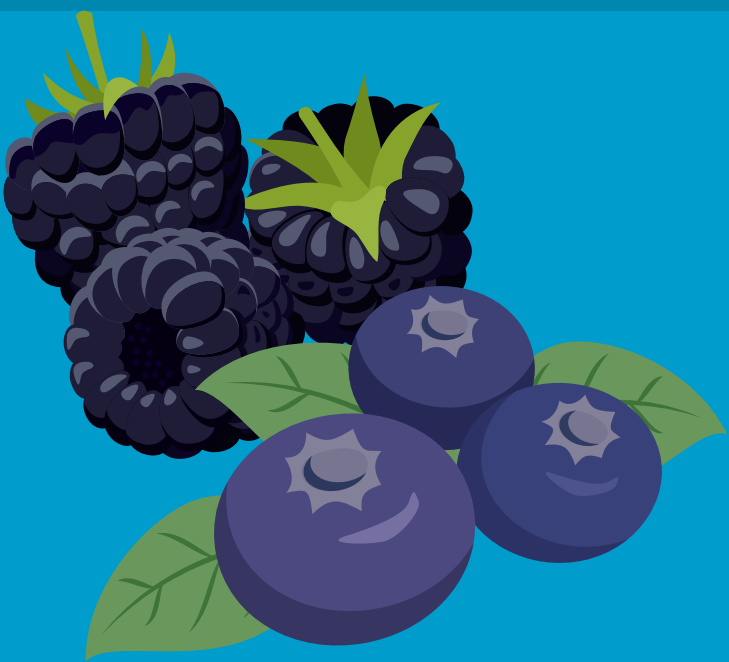
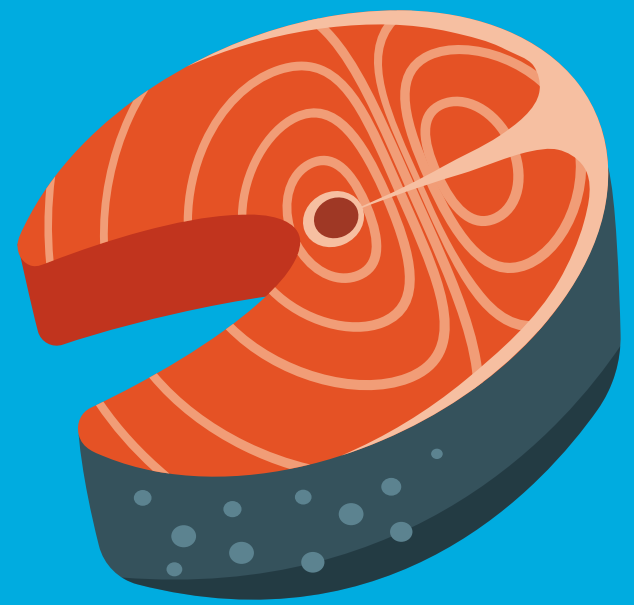
Dr. Sears'

Top 5 Brain-Boosting Foods

Above all other organs, food affects the brain the most – for better or worse – so it's essential to choose the foods that support optimal brain health.

1. Fish

Great Source of: **Omega-3**
Try: **Cold water fish, Wild Caught Alaskan Salmon**



2. Berries

Great Source of: **Antioxidants**
Try: **Blueberries and Blackberries**

3. Greens

Great Source of: **Folate**
Try: **Bok Choy, Spinach, Collard Greens, Asparagus**



4. Smart Carbs

Great Source of: **Glucose**
Try: **A rainbow of fruits & vegetables**

5. Nuts & Seeds

Great Source of: **Omega-3**
Try: **Walnuts and Flaxseeds**

