

100 FOODS YOU LOVE THAT LOVE YOU BACK

To help you get started on the right path, here is our list of the 100 best brain-healthy super foods that fit the 11 BRIGHT MINDS categories. Choose 20 of the following foods you love that love you back.

Beverages

1. Water
2. Sparkling water, plain or with a splash of flavored stevia
3. Green tea
4. Coconut water

Nuts and Seeds

5. Almonds, raw
6. Brazil nuts
7. Macadamia nuts
8. Cacao, raw
9. Cashews
10. Chia seeds
11. Coconut
12. Flax seeds
13. Hemp seeds
14. Pistachios
15. Pumpkin seeds
16. Quinoa
17. Sesame seeds
18. Walnuts

Legumes (small amounts—eat them like a condiment)

19. Lentils
20. Chickpeas
21. Sugar snap peas or snow peas

Fruits

22. Acai berries
23. Apples
24. Avocados
25. Blackberries
26. Blackcurrants
27. Blueberries
28. Cherries
29. Cranberries
30. Goldenberry
31. Goji berries
32. Grapefruit
33. Kiwi
34. Lemons
35. Limes
36. Peaches



- 37. Plums
- 38. Pomegranates
- 39. Raspberries
- 40. Strawberries

Vegetables

- 41. Artichokes
- 42. Asparagus
- 43. Bell peppers
- 44. Beets
- 45. Bok choy
- 46. Broccoli
- 47. Brussels sprouts
- 48. Butternut squash
- 49. Cabbage
- 50. Cauliflower
- 51. Celery
- 52. Chlorella
- 53. Collard greens
- 54. Fermented vegetables, such as fresh sauerkraut and kimchi (pickled cabbage, garlic, ginger and red peppers)
- 55. Kale
- 56. Leeks
- 57. Onions
- 58. Seaweed
- 59. Spinach
- 60. Spirulina
- 61. Sweet potatoes

Oils

- 62. Avocado oil
- 63. Coconut oil
- 64. Macadamia nut oil
- 65. Olive oil

Meats (when possible try to get grass-fed, hormone-free, antibiotic-free, free-range, harvested humanely)

- 66. Chicken
- 67. Eggs
- 68. Turkey
- 69. Bison
- 70. Beef
- 71. Pork
- 72. Lamb

Seafood

- 73. Anchovies
- 74. Black cod
- 75. Catfish
- 76. Dungeness crab
- 77. Haddock
- 78. Hake
- 79. Halibut
- 80. Mackerel (avoid King Mackerel, high in mercury)



- 81. Oysters
- 82. Rainbow trout
- 83. Salmon, wild caught
- 84. Sardines

Spices

- 85. Basil (sweet, dried)
- 86. Cinnamon
- 87. Cloves
- 88. Garlic
- 89. Oregano
- 90. Rosemary
- 91. Saffron
- 92. Sage
- 93. Thyme
- 94. Turmeric

Sweeteners (avoid sugar in all forms: agave, fruit juices, aspartame, sucralose, and saccharin)

- 95. Stevia
- 96. Erythritol
- 97. Xylitol
- 98. Honey, raw, wild (small amounts only)

Special Category

- 99. Shirataki noodles
- 100. Maca root

