



## CLASS 5 | FOOD FOR THOUGHTS WORKSHEET

### TBH Brain-Healthy Foods List

#### FOODS RICH IN OMEGA 3 FATTY ACIDS

- Salmon
- Sardines
- Atlantic Mackerel
- Herring
- Tuna
- Halibut
- Flounder or Sole
- Oysters
- Wild Rainbow Trout
- Lobster

#### FOODS RICH IN MONOUNSATURATED FATS

- Nuts
- Seeds
- Avocados
- Olives / Olive Oil
- Dark Chocolate

#### FOODS RICH IN ANTIOXIDANTS

- **Vitamin C**
  - Broccoli
  - Bok Choy
  - Cauliflower
  - Cabbage
  - Kale
  - Brussels Sprouts
  - Spinach
  - Artichokes
- **Vitamin E**
  - Avocados
  - Olive oil
  - Sunflower seeds
  - Nuts (esp. walnuts & pecans)
- **Flavonoids**
  - Dark Chocolate
  - Apples
  - Red Grapes
  - Red Onions
  - Coffee
  - Ground Cloves
  - Curcumin
  - Curry
- **Tannins**
  - Blackberries
  - Strawberries
  - Cranberries
  - Raspberries
  - Blueberries
- **Resveratrol**
  - Red wine
  - Peanuts

# RESOURCES



- Grapes