Lifeline

Brain food: a checklist for healthier eating
Foods that can support cognitive and mental health

Healthy eating isn't just good for our bodies, it's also good for our brains. The foods we eat can have a positive impact on our cognitive capacity and our emotional outlook. Stock up on the foods to boost brain health.

Consume more of these

✓ Caffeine in the form of coffee or tea

✓ Fish like cod, pollack, salmon and canned light tuna

✓ Fresh fruit, particularly berries

✓ Fresh vegetables, especially kale, spinach, collards and broccoli and avocados

✓ Herbs and spices to increase flavor, including turmeric

✓ Low-fat dairy products like milk, cheese and sour cream

✓ Olive, flaxseed and canola oils

✓ Water or foods with high-liquid content like soup or smoothies

✓ Whole grains and nuts, especially walnuts

Consume less of these

✗ Butter

✗ Canned or jarred fruit packed in syrup

✗ Fatty cuts of red meat

✗ Full-fat dairy products

✗ Salt, salty snacks and high-sodium canned or prepared foods

✗ Sodas, even diet ones

✗ Sugary prepared fruit juices

✗ Tuna or fish packed in oil

Talk to your healthcare provider or nutritionist to create a brain-friendly grocery list that matches your tastes.