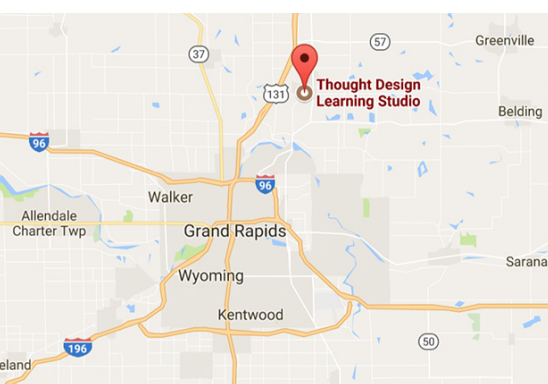




Fill Up Your Brain's Fuel Tank with the 50 Best Brain Foods

We've compiled a list of the 50 best brain foods out there. Stock up on these and you will be on your way to better brain and body health.

1. Almonds, raw
2. Almond milk, unsweetened
3. Apples
4. Asparagus
5. Avocados
6. Bananas
7. Beans (black, pinto, garbanzo)
8. Bell peppers (yellow, green, red, orange)
9. Beets
10. Blackberries
11. Blueberries
12. Broccoli
13. Brussels sprouts
14. Carrots
15. Cheese, low fat
16. Cherries
17. Chicken, skinless
18. Cranberries
19. Egg whites, DHA enriched
20. Grapefruit
21. Herring
22. Kale
23. Kiwi
24. Lemons
25. Lentils
26. Limes
27. Oats
28. Olive oil
29. Olives
30. Oranges
31. Peaches
32. Peas
33. Plums
34. Pomegranates
35. Raspberries
36. Red grapes
37. Soybeans
38. Spinach
39. Strawberries
40. Tea, green
41. Tofu
42. Tomatoes
43. Tuna
44. Turkey, skinless
45. Walnuts
46. Water
47. Whole wheat
48. Wild salmon
49. Yams and sweet potatoes
50. Yogurt, unsweetened



Thought Design is a short 15-minute drive from downtown Grand Rapids. It's like an escape from the hustle of the city, but still close enough to still be accessible.

Free, convenient parking is available.



Thought Design

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