

## Boost your brain health by eating well! Brain Healthy Shopping List

Fruit	Nuts & Seeds	Spices
☐ Blackberries	□ Almonds	□ Cumin
□ Blueberries	☐ Brazil Nuts	☐ Dried Red Pepper
☐ Cherries	□ Cashews	□ <b>Dulce Flakes</b> (salt substitute)
□ Oranges	☐ Chia Seeds	☐ Garlic
□ Plums	☐ Ground Flax Seed	□ Ginger
□ Pomegranates	☐ Hazelnuts	□ Oregano
□ Prunes	□ Peanuts	□ Rosemary
□ Raspberries	☐ Pumpkin Seeds	□ Saffron
☐ Red Grapes	☐ Sesame Seeds	☐ Saigon Cassia Cinnamon
☐ Strawberries	☐ Sunflower Seeds	☐ <b>Stevia</b> (natural sugar substitute)
Vagatalalaa	□ Walnuts	☐ Thyme
Vegetables		☐ Turmeric
☐ Alfalfa Sprouts	Figh ( " )	
□ Avocados	HISh (wild caught)	Groceries
□ Beets	□ Halibut	
□ Broccoli	□ Mackerel	☐ Black Beans
□ Brussel Sprouts	□ Salmon	☐ Brown Rice
□ Corn	□ Sardines	☐ Cod Liver Oil (do not cook with-use in
□ Eggplant	☐ Trout	dressings and marinades)
☐ Kale	□ Tuna	☐ Dark Chocolate
□ Onion		☐ Extra Virgin Olive Oil
☐ Red Bell Pepper	Meat	☐ Green or Black Tea
□ Spinach	☐ Free Range Lean Beef and Chicken	☐ Lentils
	Tree names com boot and omorem	☐ Oatmeal
	Dela	☐ Wheat Germ
	Dairy	□ Whole Grain Cereal
	☐ Omega 3 Enriched Eggs	

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A growing body of scientific research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease. Our easy recipes, cooking videos, nutrition guidelines and grocery shopping lists will get you started on the road to a healthier mind and improved memory.