



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
 - Grapes