



# Brain Foods

Brain foods include:

- > B12 also improves memory dairy foods, meat, poultry, fish
- > Wholemeal toast/bread protein and fibre, carbohydrates, also
  - > Oats/wholegrains for glucose production (the brain runs on glucose from complex carbohydrates)
- > Toast with Vegemite (B vitamins) or honey
- > Folate improves memory leafy greens, wholegrains, legumes e.g. peanuts, avocado, nuts, yeast extract (Vegemite)
- > Cereal and milk
- > Beans high protein and fibre
- > Pumpkin seeds (zinc)
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