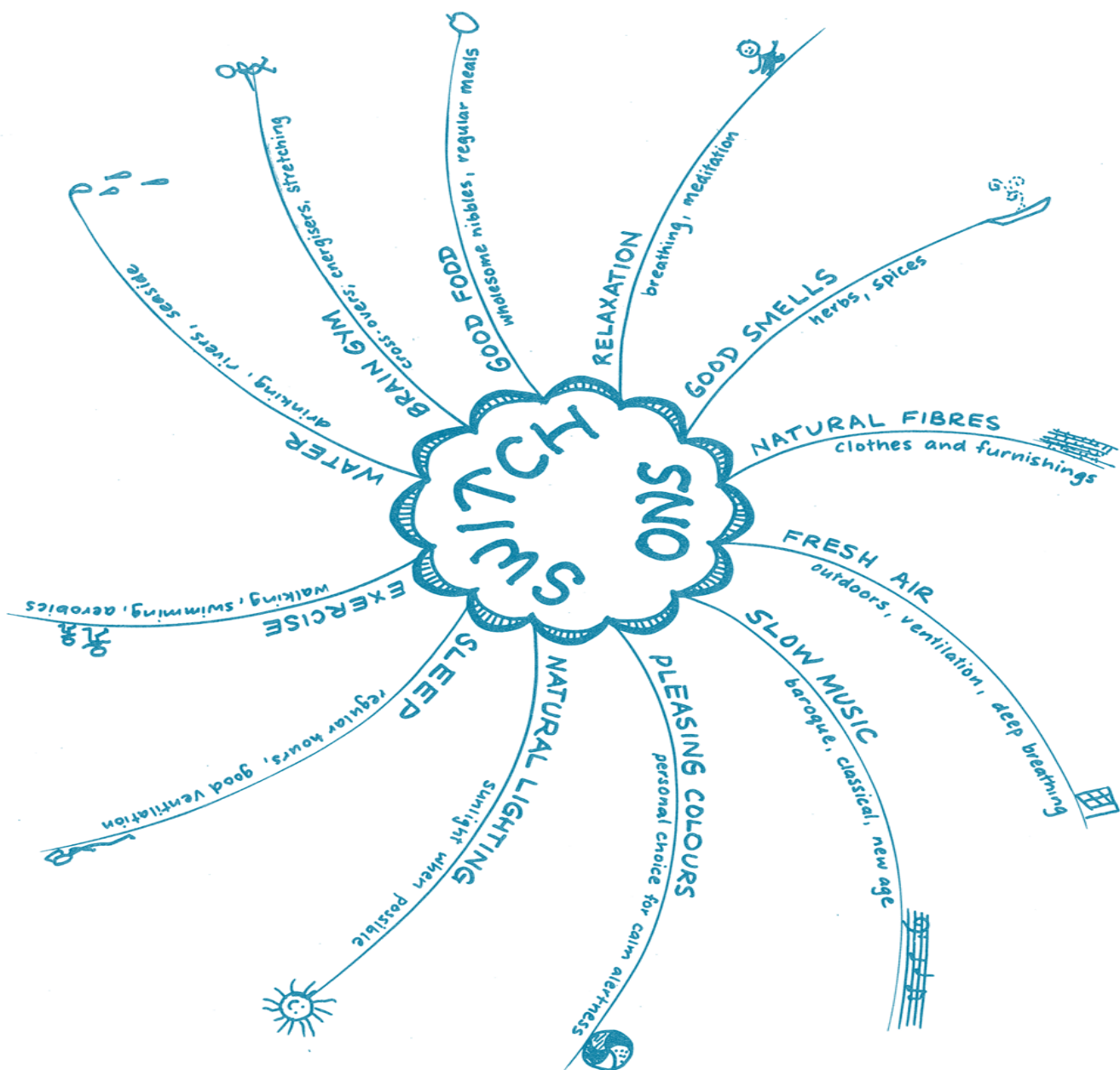


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## Study Factsheet Series - No 1

# Brain Switch Ons



## 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)
- > Eggs – choline, good for neurotransmitters
- > Yoghurt – tyrosine – anti-stress as it produces more dopamine and noradrenaline
- > Fish – protein, also
  - > Salmon, mackerel, sardines, anchovies – Omega 3 – good for anyone's brain but studies have shown improves performance of those with ADHD
- > Salad – beta-carotene, Vitamin C and E
- > Peppermints, peppermint tea – gentle stimulant
- > Ginger tea

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