

Nutrients and Food sources with compelling Scientific Evidence for a Healthy Brain

NUTRIENT	FOOD SOURCES
Dietary tocopherols (vitamin E)	Nuts, oils, seeds, green leafy vegetables, whole grains
DHA (omega 3)	Fish – 1 meal /week
Folate	Vegetables, whole grains
Saturated Fat	Commercial products, baked goods, red meats, high fat dairy
Sugars (HFCS)	Commercial products, baked goods, some yogurts
Carotenoids (β-carotene, lutein, lycopene)	Green leafy vegetables, bright colored fruit, vegetables
Flavonoids (class of PP)	Berries, tea, chocolate, other fruits, vegetables
Vitamin D, Vitamin B12	Fish, dairy
Trans fats	Commercial products, baked goods
Monounsaturated fat	Extra virgin Olive oil
Polyphenols (PP)	Olive oil, red wine, teas, vegetables, fruits