

THE LUCKY FORMULA

FOODS FOR BRAIN POWER

Computer programmers are fond of using the acronym GIGO when a poorly written program fails. Garbage In, Garbage Out. The same is true of our bodies. If we eat food low in nutritional value (garbage in), our bodies and our minds don't function well (garbage out). What if we were to rework that acronym. Good In, Good Out. Good food in, good results out. The following foods are key components of my diet. When I regularly include them in my meals, I have higher levels of energy for longer periods of time and my thinking is clearer.

FATTY FISH



Salmon
Mackerel
Tuna
Sardines

NUTS & SEEDS



Flaxseed
Hemp hearts
Pumpkin seeds
Sunflower seeds
Almonds
Cashews
Hazelnuts
Peanuts

BERRIES



Avocado
Black currants
Blackberries
Blueberries
Mulberries
Strawberries

WHOLE GRAINS



Barley
Brown rice
Oatmeal

CRUCIFEROUS VEGETABLES



Broccoli
Cabbage
Cauliflower
Turnips

GREEN LEAFY VEGETABLES



Kale
Spinach

OTHER



Eggs
Dark Chocolate

BEVERAGES



Coffee
Green Tea