# Eat Your Way to Brain Health

Fuel your brain with healthy foods

## Food Groups
- **Lean Protein**: meat, beans, eggs
- **Hydration**: grapes, water, celery
- **Complex Carbohydrates**: kale, sweet potatoes, carrots
- **Good Fats**: avocado, salmon, nuts

## Nutrients & Minerals
- **Calcium**: leafy greens, dairy
- **Zinc**: yogurt, chicken
- **Magnesium**: mushrooms, cruciferous vegetables
- **Potassium**: spinach, bananas
- **Iron**: eggs, lentils
- **Selenium**: yogurt, shellfish
- **Copper**: chocolate, shellfish
- **Manganese**: whole grains, legumes
- **Omega-3**: salmon, canola oil
- **Turmeric & Curcumin**: turmeric, curcumin

## Vitamins
- **A**: papaya, carrot, sweet potatoes
- **B1**: peas, meat, acorn squash
- **B2**: cheese, leafy greens, milk
- **B6**: spinach, nuts, fish
- **B12**: yogurt, cheese, eggs
- **C**: orange, lemon, kiwi
- **D**: fish, eggs, milk
- **E**: broccoli, almonds, spinach
- **K**: spinach, kale, blueberries