

food & focus

cheat sheet

rule

avoid "extras"

"extras" are artificial and added ingredients that your body does not need and that negatively affect the brain's ability to do its job.

eat brain food

Brains need essential fatty acids for brain cells to communicate effectively. The fatty acid DHA, in particular, is crucial for focus.

detoxify

The brain can't focus when the body is battling toxins. Flushing toxins from the body is key for brain health.

examples

- colorings
- additives (especially with long names)
- GMOs
- artificial sweeteners
- transfats
- MSG



- avocado
- nuts
- seeds
- chicken
- mackerel, salmon, white fish & tuna
- dark, leafy greens



- plenty of water
- regular elimination
- fresh veggie juices
- Fiber-rich foods

healthy swap

Instead of: Cheez-Its, processed fruit snacks or M&Ms

Have: A hard-boiled egg, berry smoothie or homemade cookie (really!)

Instead of: Pasta, pretzels or grilled cheese

Have: Lentil stew, pepitas (pumpkin seeds) or tuna on nut crackers

Instead of: Fruit punch or a side of white rice

Have: A beet, carrot & strawberry smoothie or a side of black beans.

A whole-foods diet can have a huge impact on focus, but there may be other issues such as food intolerance or vitamin deficiency. We're here to help if you need assistance.



healthy nest
nutrition

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