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Brain Foods Kids Love!

It's back to school time and kid's brains are tasked with learning throughout their day. Give them a boost and yourself, too, by incorporating these time proven foods that fuel the brain.

Eggs



Eggs are a great source of protein, and their yolks have [choline](#), an important nutrient for memory development.

Try a homemade breakfast burrito, loaded with veggies for a quick and healthy breakfast before school.

Berries



Berries [improve memory](#) and are packed with vitamin C & other antioxidants. Berry seeds contain omega-3 fats. The more intense the color, the more nutrition.

Berries are a super treat, and can be used in smoothies or on salads.

Peanut Butter



Peanut butter is a kid's favorite and that's a plus-it's packed with vitamin E, an antioxidant that [protects nerve membranes](#). It also has thiamin, which is good for the brain, and glucose which gives energy.

Put it on wholegrain bread, or spread it on peanut butter or banana for a healthy snack.

Beans



Beans are good for kid's [brains](#) since they have energy from protein, complex carbohydrates, fiber, and vitamins and minerals. They can keep energy levels high.

Add beans as a salad topper, as filler for lettuce wraps, or add them to soups, tacos or burritos for a more nutritious meal.

Salmon



Salmon, is a good source of omega-3 fatty acids that are needed for [brain growth and function](#). Getting enough of these fatty acids can help kids improve mental skills.

Make canned salmon sandwiches instead of tuna for a healthy alternative.

Colorful Veggies



Vegetables with rich, deep color are an excellent source of antioxidants to keep the [brain cells healthy](#). It's easy to sneak veggies into spaghetti sauces or soups.

Pack easy-to-snack-on veggies such as sugar snap peas, 'cucs' or baby carrots.

Whole Grains



Whole grains breads and cereals provide glucose, an energy source the brain needs. Whole grains also contain B vitamins, good for the [nervous system](#).

Switch to whole grain wraps, breads, cereals & crackers.

Milk, Cheese and Yogurt



B vitamins, necessary for growth of brain tissue, neurotransmitters, and enzymes, are found in [dairy products](#). Dairy is a source of vitamin D for heart, bone, brain & immune function.

Low-fat cheese sticks make a great to-go snack.