

Superfoods are *nutrient-rich foods* that improve memory, energy and alertness



Eat a variety of colored superfoods throughout the day.

- **BLUE/PURPLE** Blueberries, Grapes, Plums, Black Currants, Blackberries
- **GREEN** Broccoli, Spinach, Seaweed, Kale, Edamame, Asparagus, Avocado, Swiss Chard, Kiwi, Green Tea
- **WHITE** Eggs, Cauliflower, Onion, Low Fat Dairy (Yogurt, Milk), Coconut
- **BROWN/BEIGE** Dark Chocolate, Nuts and Seeds, Whole Grains (Breads, Cereals, Pasta, Rice), Legumes (Lentils, Chickpeas, Beans, Split Peas)
- **RED** Strawberries, Raspberries, Goji Berries, Tomatoes, Red Peppers, Beets
- **YELLOW/ORANGE** Lemons, Oranges, Peaches, Pears, Pineapple, Mangos, Squash, Sweet Potatoes, Pumpkin, Yellow and Orange Peppers