



Brain Boost Mastery: Elevate Focus, Mood, and Memory with Food and Movement



Zonya Foco
RDN

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What can you
expect from
me today?

To learn:

- Which nutrients decrease depressive symptoms and **HOW THEY WORK**
- Which foods help reduce our risk of Alzheimer's and stroke
- Foods that nourish our gut microbiome & why our brain needs this...and
- How to get Brain nourishing foods into your diet easily and *DELICIOUSLY*



“The brain is...

- the **most metabolically active organ** of the body.
- Its nutritional needs are **ten times higher** than those of any other organ.
- So, it stands well to reason that it's the **first organ to falter** when nutrients are undersupplied.”

- Aileen Burford-Mason, PhD
Author of *The Healthy Brain*, 2017



Prevalence of Depression in the U.S.

- In 2019, an estimated 19.4 million adults (7.8%) had at least one major depressive episode in the previous year
 - Females (9.6%) vs. males (6.0%)
 - Highest prevalence was among individuals aged 18-25 (15.2%)
- In 2019, an estimated 3.8 million adolescents aged 12 to 17 (15.7%) had at least one major depressive episode.
 - Females (23%) vs. males (8.8%)



The Standard American Diet = SAD



A higher consumption of fruit & vegetables has been shown to cut the odds of developing depression by as much as 62%.

7 – 8 Servings a day

<https://www.ncbi.nlm.nih.gov/pubmed/29759102>



How Do Fruits and Veggies Do That?

Important “happy” neurotransmitters/monoamines include:

- Serotonin
- Dopamine
- Norepinephrine



Monoamine Theory:
People who are depressed have elevated levels of **MonoAmine Oxidase (MAO)**

- “Eats” your levels of neurotransmitters... you become depressed



Vegetables and fruits contain *natural* **MonoAmine Oxidase Inhibitors (MAOI)**

- Explaining the improvement in mood associated with increase fruit and vegetable intake



FOOD
Is
Powerful
Stuff!



TRUE OR FALSE

**Studies show that all 9 of
the currently approved U.S.
food dyes have various
health concerns from
causing cancer
to provoking hyperactivity**

<https://www.ncbi.nlm.nih.gov/pubmed/17825405>

<https://www.ncbi.nlm.nih.gov/pubmed/23026007>



FOOD
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Nutritional Psychiatry: Your Brain on Food

- Nutritional psychiatry is a **growing discipline that focuses on the use of food and supplements to provide essential nutrients** as part of an integrated or alternative treatment for mental health disorders.
- For many years, the medical field did not fully acknowledge the connection between mood and food.
- Fortunately, that's changing.

12 Antidepressant Nutrients

- Twelve Antidepressant Nutrients relate to the prevention and treatment of depressive disorders:
 - Folate, iron
 - Omega-3 fatty acids (EPA and DHA)
 - Magnesium, potassium, selenium, thiamine
 - Vitamin A, vitamin B6, vitamin B12, vitamin C
 - Zinc

[LaChance, Laura R, and Drew Ramsey. "Antidepressant foods: An evidence-based nutrient profiling system for depression." *World journal of psychiatry* vol. 8,3 20 Sep. 2018.](#)





The Antidepressant Food Score

- Foods were analyzed for Antidepressant Nutrient density resulting in an Antidepressant Food Score (AFS).
- A list of foods with the highest density of the 12 Antidepressant Nutrients - the Antidepressant Foods - should be considered as dietary options to support prevention and recovery from depression disorders.

[LaChance, Laura R, and Drew Ramsey. "Antidepressant foods: An evidence-based nutrient profiling system for depression." *World journal of psychiatry* vol. 8,3 20 Sep. 2018.](#)

20 Foods That Maximize the Brain

1. Watercress
2. Spinach
3. Swiss Chard
4. Kale & Collard Greens
5. Herbs: Parsley, Basil, Cilantro
6. Broccoli



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5. Herbs: Parsley, Basil, Cilantro
6. Broccoli
7. Cauliflower
8. Brussels Sprouts
9. Red Cabbage
10. Peppers
11. Pumpkin & Butternut Squash
12. Kohlrabi
13. Lemon, limes and oranges
14. Strawberries
15. Blueberries



No-Fail Smoothie Formula

1 CUP LIQUID +

Milk, tea, coffee
or juice OR
½ cup yogurt with
¾ cup liquid

1 CUP SOFT FRUIT +

Banana, berries,
peach, apple,
kiwi, cantaloupe,
watermelon,
pear, grapes,
pineapple, or you
name it!

1 CUP FROZEN FRUIT +

If you don't have
frozen fruit, use
more soft fruit
and add ½ cup
ice.

1 CUP VEGGIE + (OPTIONAL)

Greens, avocado,
cucumber,
carrots,
cauliflower,
celery, broccoli,
cooked pumpkin
or sweet potato,
eggplant, you get
the idea!

1 TBSP BOOST + (OPTIONAL)

Nut butter, nuts,
hemp seeds/
hemp hearts, flax
seeds, chia seeds,
cocoa powder,
tofu, cottage
cheese, oats, or
protein powder

SWEETENER (OPTIONAL)

1 or 2 pitted
dates, or
1 Tbsp honey,
pure maple
syrup, or agave
nectar. (Add only
if needed.)



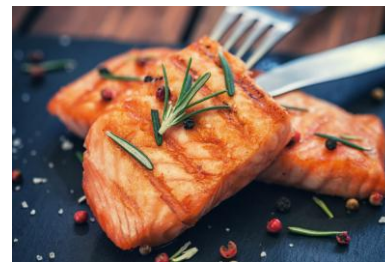
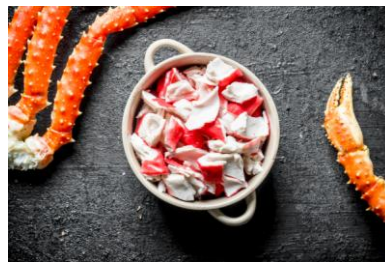
Mood-Boosting Salad

EatRealAmerica.com/Free-Recipes/



20 Foods That Maximize the Brain

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7. Cauliflower
8. Brussels Sprouts
9. Red Cabbage
10. Peppers
11. Pumpkin & Butternut Squash
12. Kohlrabi
13. Lemon, limes and oranges
14. Strawberries
15. Blueberries
16. Oysters & Clams
17. Crab
18. Salmon
19. Rainbow Trout
20. Tuna

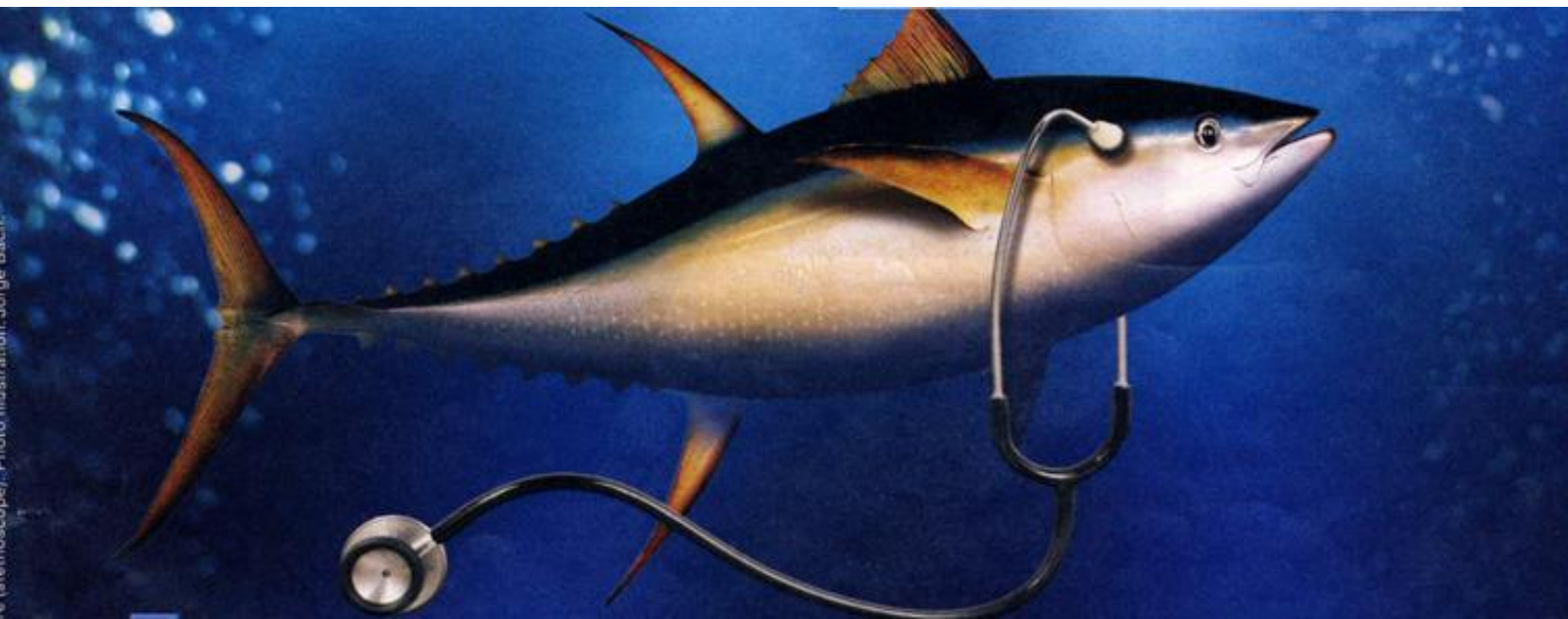


Which do you eat more of?
Beef, Chicken, Pork or Fish?



Omega 3's: Studies have shown...

- Beneficial omega-3 fatty acids, have been linked to **lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer's disease.**
- Protects against **cognitive decline, dementia & Alzheimer disease**
- May even **help prevent depression, cancer and eye disease**
- **Recommended 2-5 servings per week**



BEST: Salmon, Trout,
Herring, Sardines
GOOD: Shrimp, Cod,
Halibut, Snapper

Average fish consumption
= only Once every 11 days!



Due to concerns about mercury contaminants

- Avoid:
 - Shark
 - Swordfish
 - Tilefish
 - King Mackerel
- Choose:
 - Salmon
 - Trout
 - Herring
 - Sardines
- Also limit:
 - Albacore tuna: not more than once a month
 - Light tuna: not more than twice a week



These make it EASY!



Baked Salmon Patties with Spicy Tartar Sauce

EatRealAmerica.com/Free-Recipes



Make the SWAP once a week for a year

**Quarter Pounder w/
Cheese
Med French Fry**

**Baked Salmon Patty w/ 100%
Whole Wheat Sandwich Thins,
½ cup of 3-Bean Salad**

- 850 calories
- 42 g fat
- 15 g sat fat
- 7 g fiber
- 1,320 mg sodium
- 480 calories
- 16 g fat
- 3 g sat fat
- 11 g fiber
- 760 mg sodium

Saves 12 grams of saturated fat x 52 weeks in a year =
624 grams of sat fat per year / 224 grams in a cup =
just under **3 cups of saturated fat**
not going through your body in a year!

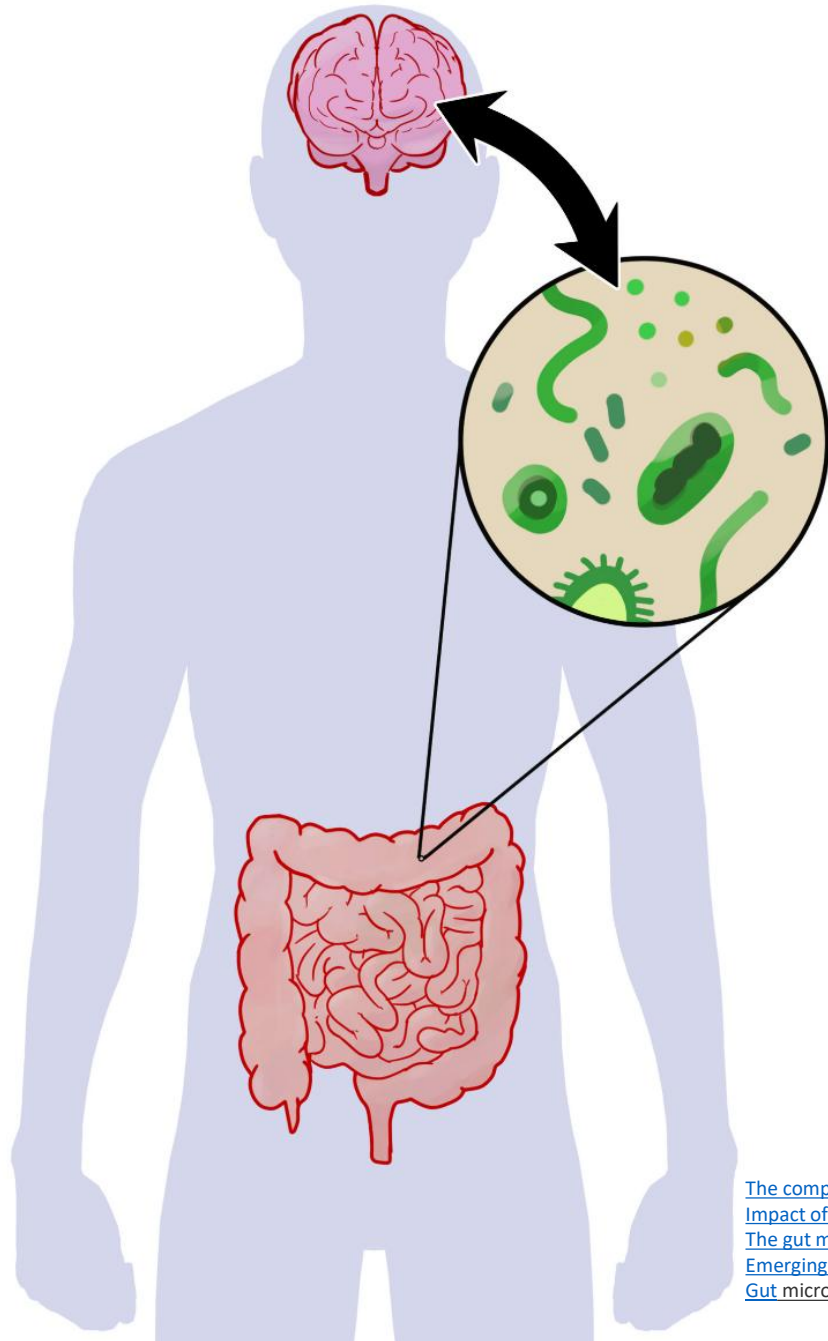


Don't Eat Fish? Get Your Omega 3's from Plants!

- Goal: 1-2 T / day
- Add to
 - Cereal
 - Oats
 - Yogurt
 - Applesauce
 - baked goods
- Make
 - Chia Seed Pudding
 - Chia Seed Drinks



Your Microbiome Influences...



- Digestive health
- Mood, depression, brain fog, ADHD
- Immunity (70% comes from these microbes)
- Diabetes & heart disease
- Allergies/asthma
- Arthritis
- Eczema, psoriasis, acne
- **Appetite and weight control**



[The complex interplay between the gut microbiome and osteoarthritis, Int.J.Mol.Sci 2024](#)
[Impact of gut microbiome on skin health, Gut Microbes 2022](#)
[The gut microbiome and the immune system, Explor Med 2022](#)
[Emerging role of gut microbiota in autoimmune diseases, Front. Immunol., 2024](#)
[Gut microbiota variations in depression and anxiety: a systematic review, BMC Psychiatry 2025](#)

[The Role of the Microbiome in Asthma: The Gut-Lung Axis, Int J Mol Sci 2018](#)
[Exploring the Impact of the Gut Microbiome on Obesity and Weight Loss: A Review Article, Cureus 2023](#)
[Gut microbiota and diabetes: From correlation to causality and mechanism, World J Diabetes 2020](#)
[Unravelling the Gut Microbiome Role in Cardiovascular Disease, Biomolecules 2024](#)



Gut Disruptors Hidden in Plain Sight

✓ **The Average American consumes:**

- **152 lbs sugar + 120 lbs refined grains/year**
 - Loss of microbial diversity
 - Growth of inflammatory bacteria

✓ **Our food supply contains over:**

- **10,000+ additives**
 - Many have been found to
 - shift bacterial balance,
 - Increase inflammation,
 - thin the mucus layer,
 - create gut permeability and disease

[Five Sneaky Sources of Sugar, National Kidney Foundation](#)

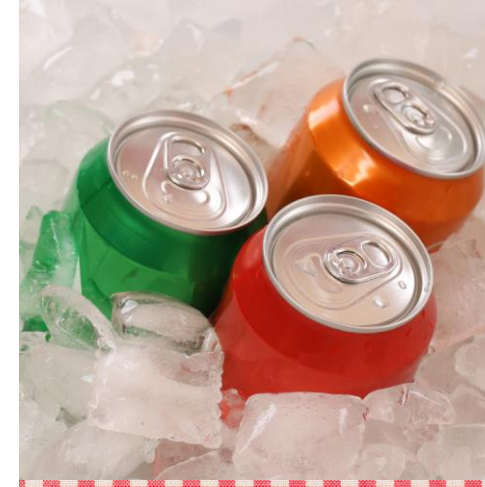
[Whole Grain and Refined Grains: An Examination of US Household Grocery Store Purchases, J Nutr. 2021](#)

[What's on your table? How America's diet has changed over the decades](#)

[EWG analysis: Almost all new food chemicals greenlighted by industry, not the FDA, 2025](#)

Additives Known to Disrupt the Gut Microbiome

Additive	Common Food Sources
Carboxymethylcellulose (CMC), Cellulose gum	Ice cream, baked goods, sauces, processed snacks
Polysorbate 80 (P80)	Salad dressings, margarine, ice cream, sauces
Carrageenan	Dairy alternatives, chocolate milk, processed meats
Saccharin, Sucralose, Aspartame, Ace-K	Diet sodas, sugar-free products, low-calorie snacks
Sodium benzoate, Potassium sorbate, Calcium propionate	Baked goods, soft drinks, condiments
Synthetic dyes (Red 40, Yellow 5/6, Blue 1)	Candy, beverages, processed foods
Titanium dioxide (E171)	White candies, chewing gum, powdered foods
Phosphates (excess)	Processed meats, soft drinks, cheese
Sulfur dioxide / sulfites	Dried fruits, wine, processed seafood



[Common dietary emulsifiers promote metabolic disorders and intestinal microbiota dysbiosis in mice, 2024](#)

[Polysorbate 80 and carboxymethylcellulose: A different impact on epithelial integrity when interacting with the microbiome, 2025](#)

[Ultra-processed foods and food additives in gut health and disease, 2024](#)

[5 Food Additives to Watch Out For](#)

ALWAYS READ THE INGREDIENT LIST!

*"While the burden to avoid harmful ingredients in our food supply shouldn't fall to the consumer, **the reality is that it does.**"*

*– Center for Science in the
Public Interest, CSPI*

INGREDIENTS: CARBONATED WATER, SUGAR, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, COLOR ADDED, PANAX GINSENG EXTRACT, L-CARNITINE L-TARTRATE, CAFFEINE, SORBIC ACID (PRESERVATIVE), BENZOIC ACID (PRESERVATIVE), NIACINAMIDE (VIT. B3), SUCRALOSE, SALT, D-GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, PYRIDOXINE HYDROCHLORIDE (VIT. B6), RIBOFLAVIN (VIT. B2), MALTODEXTRIN, CYANOCOBALAMIN (VIT. B12).

Caffeine content: 114 mg/12 fl oz. Not recommended for children, pregnant or nursing women and persons sensitive to caffeine.

Ingredients: Carbonated Water, Citric Acid, Taurine, Natural and Artificial Flavors, Colors, Caffeine, Sodium Bicarbonate (Baking Soda), Magnesium Carbonate, Acesulfame K, Sucralose, Xanthan Gum, Niacinamide, Pyridoxine HCl (Vitamin B6), Calcium Pantothenate, Vitamin B12.

INGREDIENTS: WHOLE GRAIN WHEAT, HIGH OLEIC CANOLA AND/OR SOYBEAN OIL WITH TBHQ ADDED TO PRESERVE FRESHNESS, SEA SALT.

CONTAINS: WHEAT.

DIST. & SOLD EXCLUSIVELY BY:

ALDI

BATAVIA, IL 60510

Food Transparency at Our Finger Tips

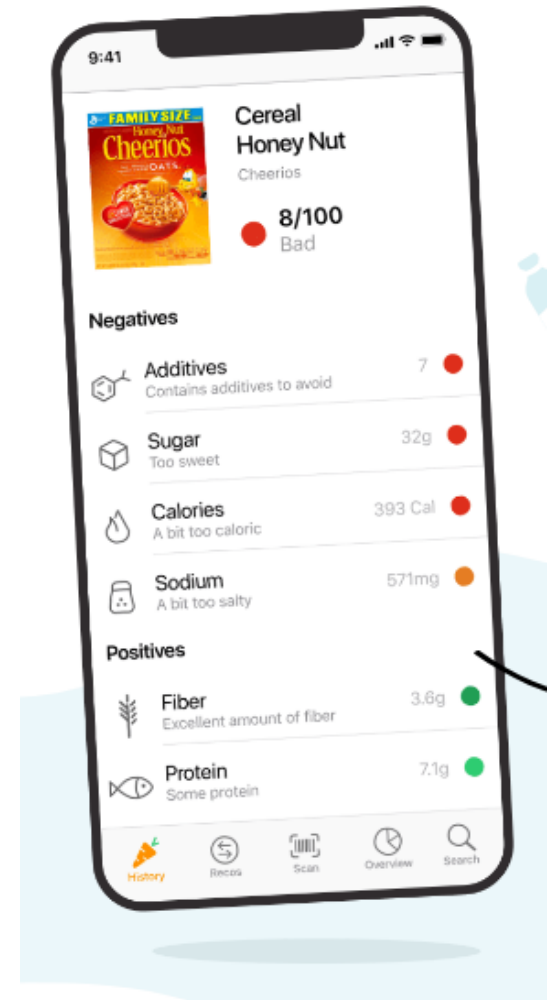


Food Label Apps can be incredibly helpful

Examples include:

Fooducate, Open Food Facts, Food Scanner, and **Yuka**

1. **Scores** food (and often cosmetics) Bad, Poor, Good, Excellent
2. **Alerts** you to additives: low, mod or high risk
3. **Suggests** healthier alternatives



Keep it Simple...



What Is REAL Food?

Grows from the ground or from a tree, grazes on the prairie or swims in the ocean.

Nothing
bad added
in



Nothing
good taken
out

As close to its whole natural state as possible

When you eat REAL Food...

- ✓ **Remove** gut disrupting ingredients
 - deleterious additives, sodium, sugar
- ✓ **Add in healthy** food for your gut buddies
 - Fiber, polyphenols & fermented foods
- ✓ **Reset your microbiome (and cravings!)**
 - Dial down desire for sweet, salt & fat
 - Ramp up desire for “good for you” foods
 - **Because your *good* gut buddies are in charge!**





Fueling Your Good Gut Bugs: They're Hungry!

Prebiotics = Food for Your Good Gut Bugs

- Fibers & polyphenols your microbes love
- Help healthy bacteria grow & thrive

Probiotics = The Good Bugs Themselves

- Live bacteria found in yogurt, kefir, sauerkraut
- Add “friendly microbes” to your gut

Postbiotics = The By-Products Your Bugs Make

- **Short-Chain Fatty Acids (SCFAs** - butyrate, propionate, acetate)
- Calm inflammation, heal your gut lining, boost mood and metabolism

Feed your gut with **fiber & fermented foods** → your microbes make powerful compounds that fuel your life!

Sweet Deceptions



Cultured Grade A Low Fat Milk, **Sugar**, Strawberries, Modified Food Starch, Water. Contains 1% or Less of: Kosher Gelatin, Corn Starch, Carmine (for Color), Pectin, Natural Flavor, Vitamin A Acetate, Vitamin D3.

13g Added Sugar



Cultured Non Fat Milk, Water, **Fructose**, Less Than 1%: Natural & Artificial Flavors, Modified Food Starch, **Acesulfame Potassium**, **Sucralose**, Citric Acid, **Potassium Sorbate** (To Maintain Freshness), Active Yogurt Cultures *L. Bulgaricus* & *S. Thermophilus*.

3g Added Sugar



Cultured Grade A Reduced Fat Milk, **Cane Sugar**, Strawberries, Water, Modified Food Starch, Contains Less than 1% of Milk Protein Concentrate, Kosher Gelatin, Agar Agar, Natural Flavors, Fruit Juice Concentrate, Fruit and Vegetable Juice (for Color), **Carrageenan**, Calcium Lactate, Lactic Acid, Milk Calcium, Vitamin D3.

LIVE CULTURES *L. BULGARICUS* (2), *L. LACTIS*, *S. THERMOPHILUS*

LIVE AND ACTIVE PROBIOTIC B. *LACTIS* DN 173-010/CNCM I-2494

8g Added Sugar



The Yogurt Checklist

- ✓ **Live and Active Cultures**
- ✓ **Less than 5 grams of added sugar/svg**
 - Ideally zero and you add your own fruit
- ✓ **Non or low-fat**
 - Spend your fat grams on nuts
- ✓ **Avoid additives**
 - artificial sweeteners & flavors, preservatives or gums, carrageenan and phosphates
- ✓ **Dairy-free alternatives exist**



Meet Kefir: More Bugs, More Benefits

- ✓ **30+ strains of bacteria and yeast** vs. 2–3 in yogurt
- ✓ Tangy, fizzy, drinkable (tastes like buttermilk)
- ✓ Check label → *live cultures, no gums, low sugar*
- ✓ Better tolerated by those with lactose intolerance

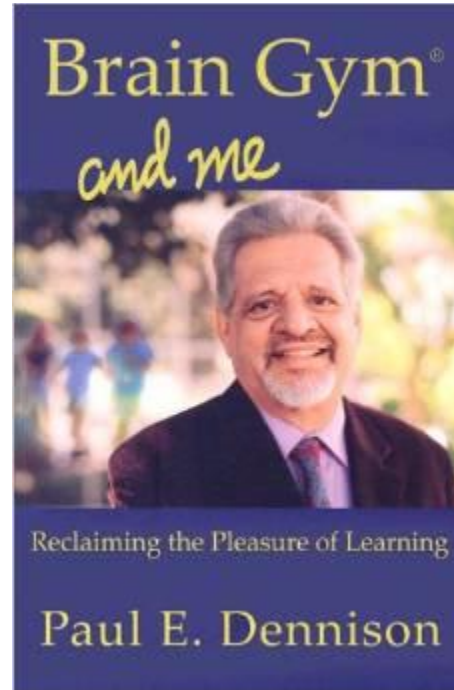
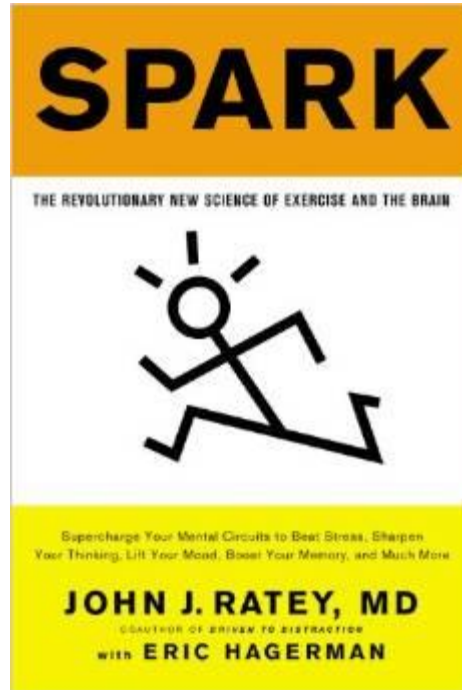
Options

- Dairy (cow, goat)
- Dairy-free (coconut, oat, almond)
- **Water kefir = probiotic soda**



[Kefir improves lactose digestion and tolerance in adults with lactose maldigestion, J AM Diet Assoc. 2003](#)
[Fermented foods, their microbiome and its potential in boosting human health, Microb Biotechnol, 2024](#)
[The Microbiota and Health Promoting Characteristics of the Fermented Beverage Kefir, Front Microbiol, 2016](#)

Spark + Brain Gym



Both shown to improve:

- Concentration & focus
- Memory
- Reading, writing, math and test taking
- Physical coordination
- Relationships
- Organization skills
- Attitude

HOW I FEEL ...



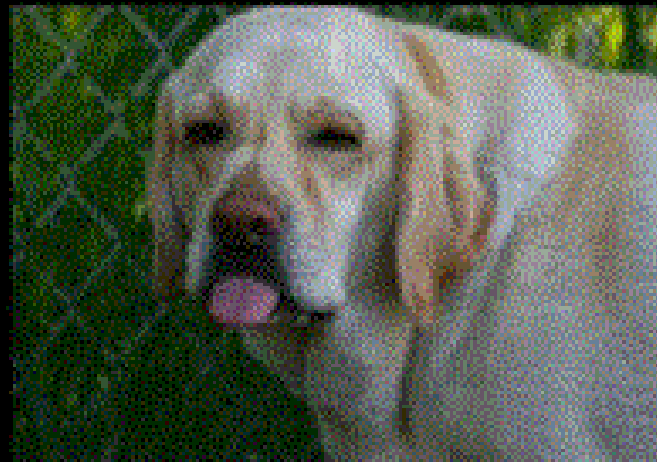
BEFORE I WORKOUT



DURING MY WORKOUT



AFTER MY WORKOUT



WHEN I DON'T WORKOUT

Are you exercising enough to keep your brain sharp?

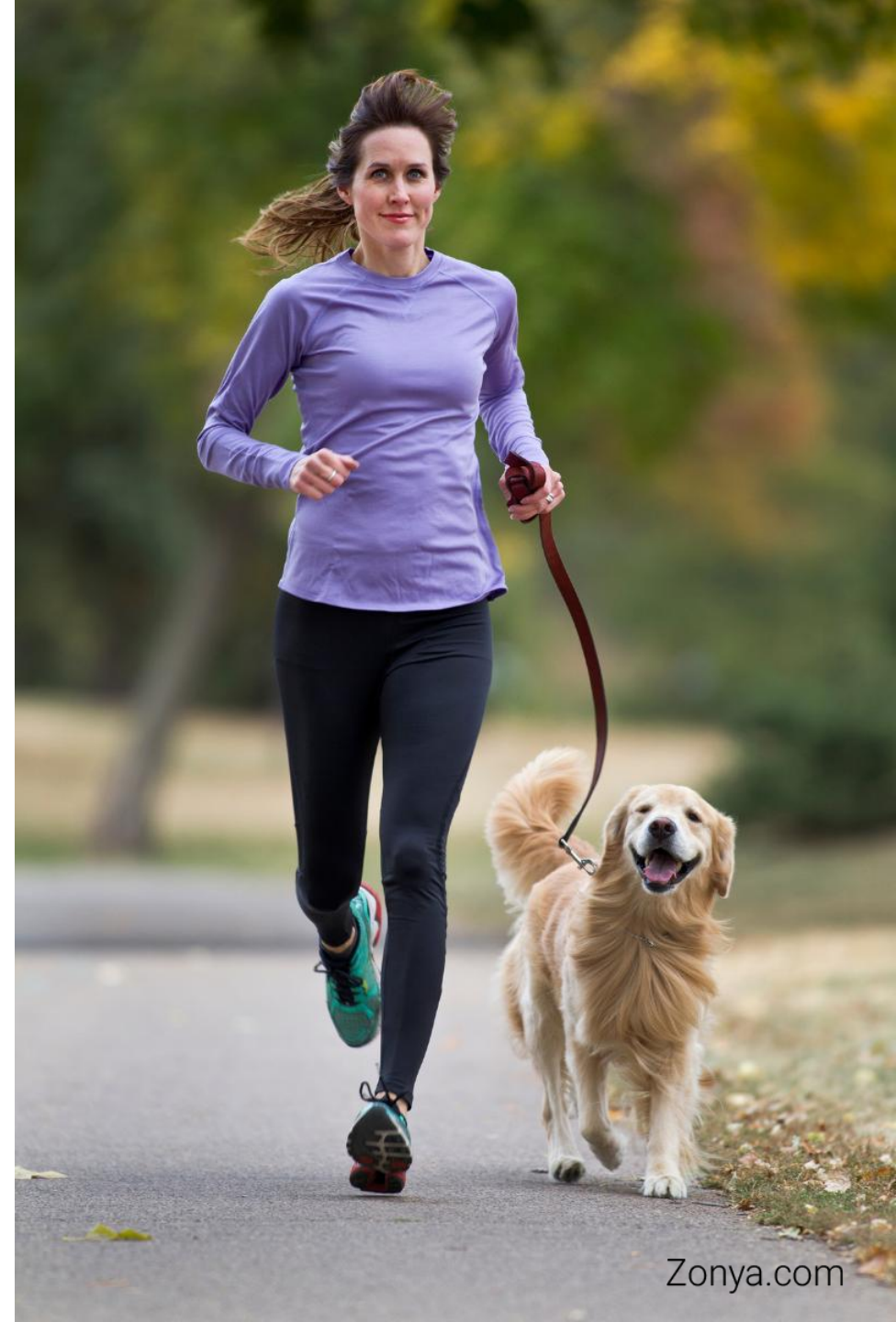


Studies Show...

Those who exercise frequently have a 35% lower chance of developing memory loss than their less-active counterparts.

HOW?

BDNF Baby!



Brain Derived Neurotrophic Factor

- It's a protein that **nourishes neurons**, prevents neurons from dying and even **triggers the growth of brand-new neurons**
- Participates in **neuronal plasticity**, which is essential for **learning and memory**.
- Studies show **people who briskly walk regularly have more BDNF, do better on cognitive tests and have bigger brains** compared to those who don't.
- **Exercise is “Miracle Grow” for the Brain!**

Sources: [Exercise is 'Miracle Grow' for the Brain](#)
[Brain-derived neurotrophic factor and its clinical implications](#)



Exercise does even more than build BDNF!

- Combined with exercise's ability to
 - Burn off detrimental stress hormones and
 - Replace them with endorphins and other happy hormones...
- This multi-pronged combination improves your brain's
 - executive function,
 - mental flexibility and
 - self-control



Exercise makes you *smarter* and *happier*!

Sources: [Brain-derived neurotrophic factor and its clinical implications](#)
[Cell Metabolism: Exercise Induces Hippocampal BDNF through a PGC-1α/FNDC5 Pathway](#)

How Much? What Kind?

150 minutes/week
low intensity



OR

75 minutes/week
high intensity



What are your “go to” beverages?

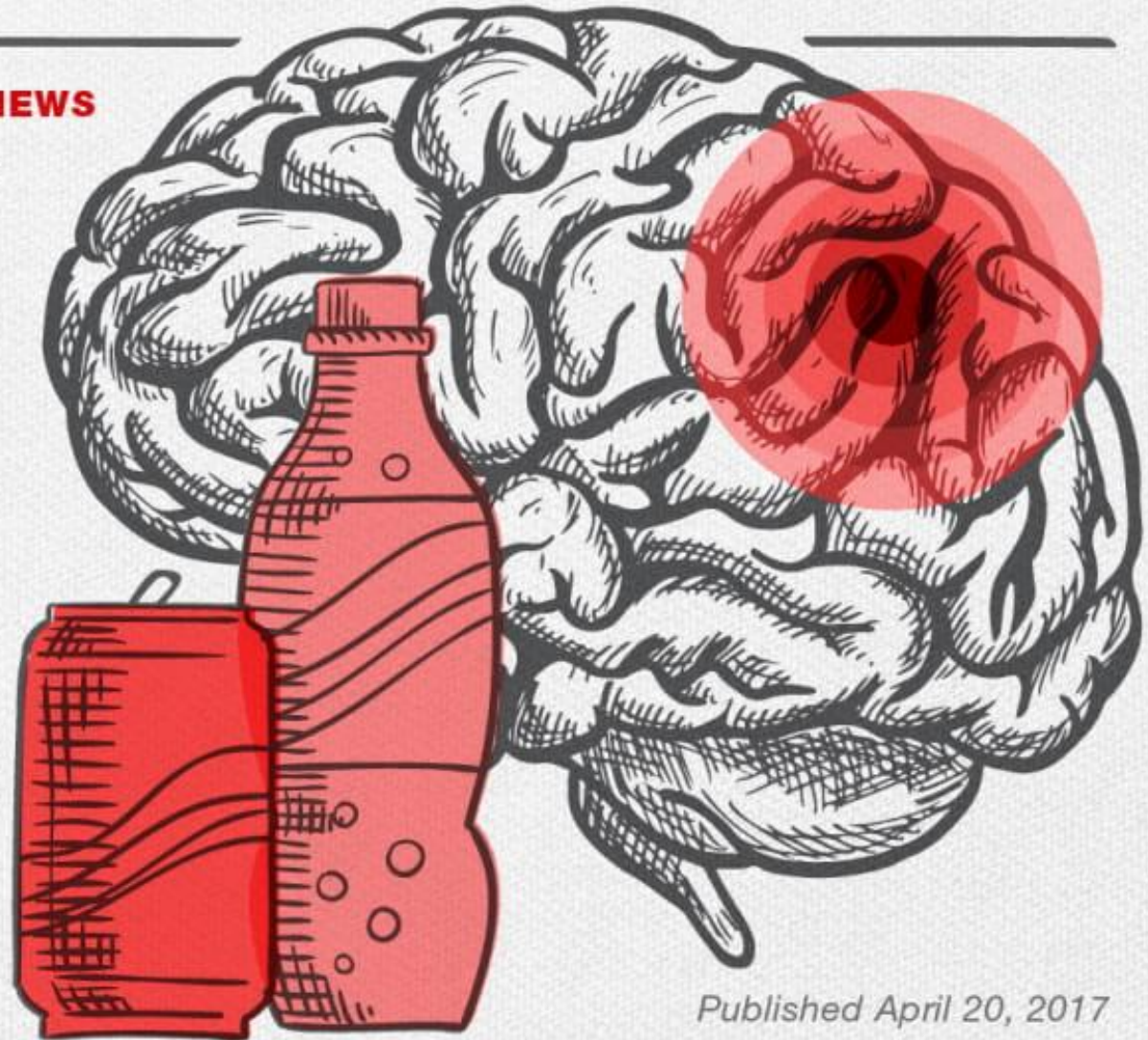
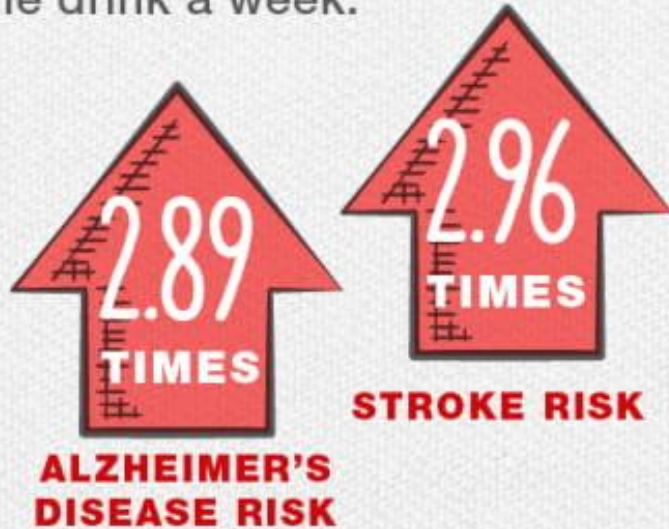
- Do you drink water, FIRST THING in the morning?
- How much water all day?
- Do you drink soda? Diet or regular?
- Sweetened coffees? Teas?



DIET SODA TOUGH ON THE BRAIN?

By **AMERICAN HEART ASSOCIATION NEWS**

New research suggests drinking at least one artificially sweetened soda a day greatly increases the risk of stroke and Alzheimer's disease, compared with less than one drink a week.



Source: *Stroke*

Published April 20, 2017

Zero added sugars...GREAT CHOICES!



Avoid Sucralose, Erythritol, NutraSweet & Acesulfame K.
Stevia, Allulose and Monk fruit are likely ok.

Good News! Coffee Is Great for the Brain

- High in antioxidants
- Linked to improved cognition
- Even linked to reduce risk of
 - Parkinson's disease
 - Type 2 diabetes
 - Cardiovascular disease
- Skip the cream and sugar



Say YES to Green Tea!

- Green tea is loaded with antioxidants
 - Polyphenols, Catechins and Epigallocatechin-3-gallate (EGCG)
 - Help prevent cell damage
 - Help prevent mental decline
 - Help reduce the risk of neurodegenerative disease
- Black tea is still a good choice!
- And herbal tea is as well!



How Much Alcohol Do You Drink?



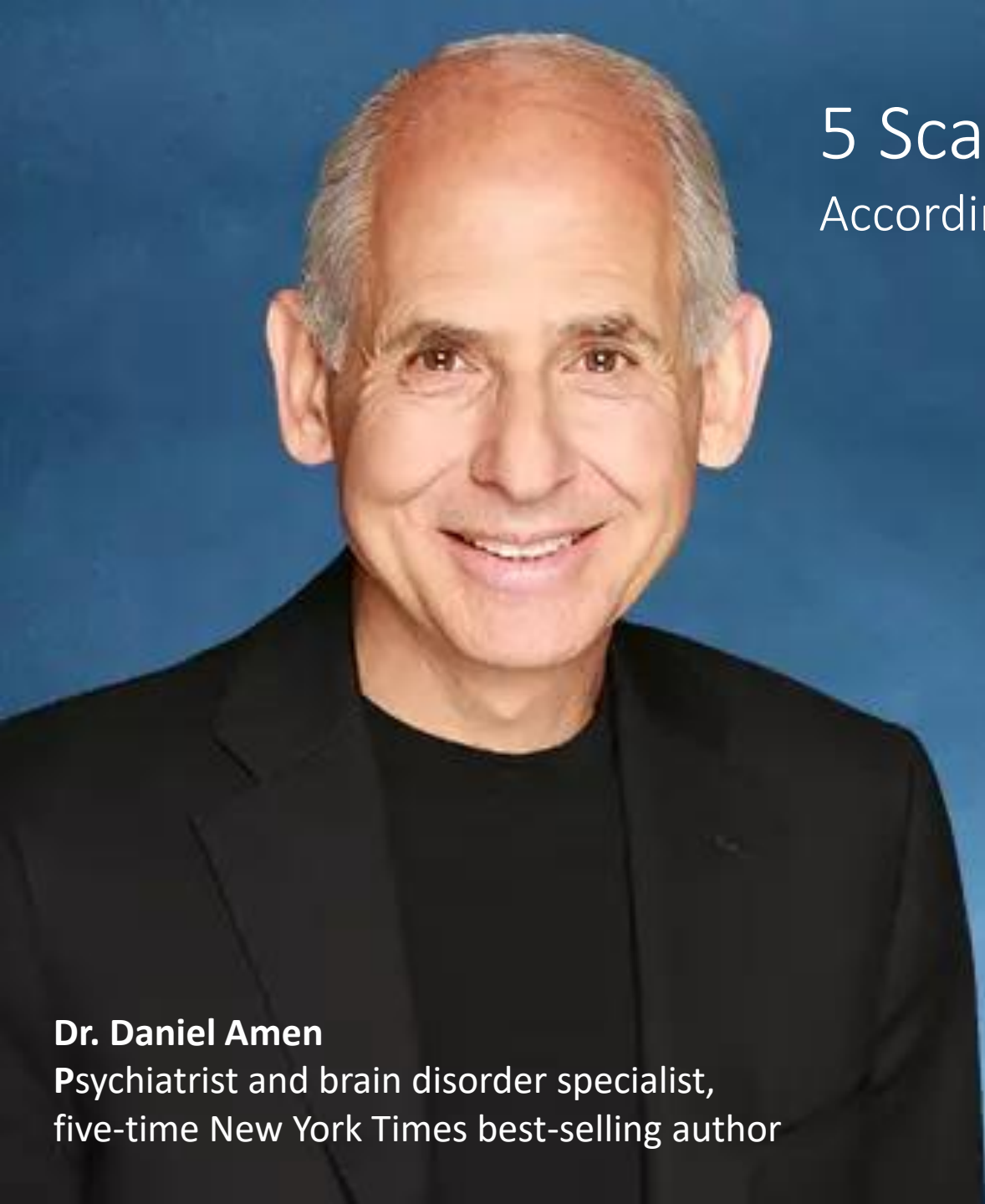
Which is better, some alcohol or none?

Some Studies Show Alcohol Consumption is linked to REDUCED: Risk of Heart Disease and Diabetes



Alcohol has been linked to:

- High blood pressure
- Stroke
- Heart disease
- Seven types of cancer
- Osteoporosis
- Birth defects
- Accidents
- Violence and suicide



5 Scary Ways Alcohol Damages the Brain

According to Brain SPECT imaging studies at Amen Clinics

1. Shrinks brain volume
2. Lowers blood flow to the brain
3. Causes atrophy of the hippocampus
4. Reduces the number of new brain cells
5. Increases the risk of dementia

Dr. Daniel Amen

Psychiatrist and brain disorder specialist,
five-time New York Times best-selling author

Read more here: [5 Scary Ways Alcohol Damages the Brain](#)

Revised Recommendations for Moderation?

The “New” Moderation

Women

No more than:
1 in a day
7 2 in a week

Men

No more than:
2 in a day
14 4 in a week



What's a Serving?

Beer

12 ounces

Wine

5 ounces

Spirits

1.5 ounces

Doesn't mean you have to give up the connection time with friends!

Have you tried Zero alcohol beers?

Do you have some tried & true Mocktail Recipes?



My mom, Grace

- ✓ A regular runner
- ✓ Never overweight
- ✓ Didn't smoke
- ✓ Didn't drink sugary beverages
- ✓ Ate a balanced diet



TRUE OR FALSE

Eating $\frac{3}{4}$ cup mushrooms
twice weekly reduces the
risk of cognitive decline by
50%

And that's not all!

Source: <https://www.sciencedaily.com/releases/2019/03/190312103702.htm>
<https://pubmed.ncbi.nlm.nih.gov/30775990/>



Eating mushrooms (plus green tea)
decreased breast cancer risk by **64%!**

Source: [Researchers at the University of Perth on 2,000 Chinese women](https://pubmed.ncbi.nlm.nih.gov/19048616/)
<https://pubmed.ncbi.nlm.nih.gov/19048616/>

It's time to re-try mushrooms!



- Grind 'em and Hide 'em
- Add to soups & stirfry
- Roast 'em & Stuff 'em
- Eat them in place of a burger
- **Always eat them COOKED**



Visit EatRealAmerica.com/Free-recipes/ and consider membership to the 1.400 recipes!

YAY for Dark Chocolate!

at least 60-70% cacao

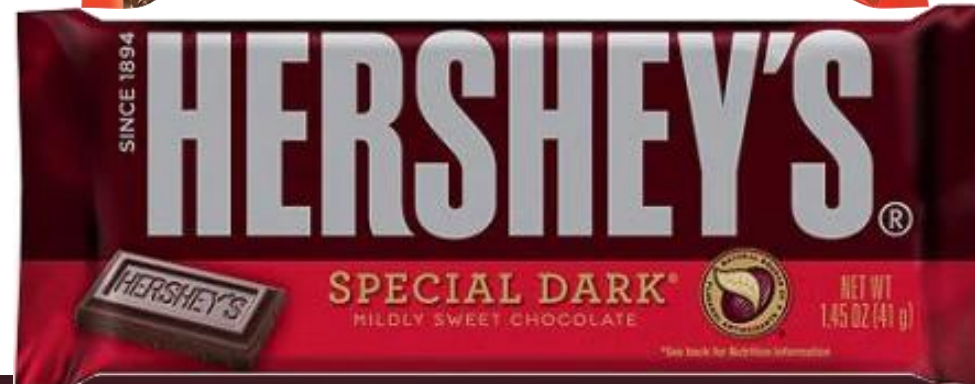
- Chock full of **polyphenols** and **flavonols** and **magnesium**
- Eating dark chocolate **may protect your brain** from age-related stress and **inflammation**, including neurodegenerative disorders such as **Alzheimer's disease**.
- Explains the **beneficial effects on memory** seen in people who consume dark chocolate.

[Eating Dark Chocolate Could Reduce Alzheimer's Risk: Study Effect of Cocoa & Cocoa Products on Cognitive Performance](#)



When Shopping for Dark Chocolate...

AVOID Processed with alkali or “Dutch-processed”



701-24501-033

0 34000 24502 4

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 12g		12g	16%	Total Carbohydrate 26g	9%
Saturated Fat 8g		8g	38%	Dietary Fiber 3g	10%
Trans Fat 0g		0g		Total Sugars 22g	
Cholesterol <5mg		<5mg	1%	Includes 21g Added Sugars	43%
Sodium 0mg		0mg	0%	Protein 2g	
Calories per serving 200		Vitamin D 0mcg	0%	Calcium 10mg	0%
		Iron 3.6mg	20%	Potassium 170mg	4%

INGREDIENTS: SUGAR; CHOCOLATE; COCOA BUTTER; MILK FAT; COCOA PROCESSED WITH ALKALI; LECITHIN (SOY); PGPR; NATURAL FLAVOR. ©

CONTAINS: MILK, SOY

The Hershey Company
Hershey, PA 17033-0815, U.S.A.
Questions or comments?
www.askhershey.com or 800-468-1714
Visit us at www.hersheys.com

smartlabel®
SCAN HERE OR CALL 1-800-468-1714 FOR MORE FOOD INFORMATION.

PER 1 BAR SERVING

200 CALORIES	8g SAT FAT 30% DV	0mg SODIUM 0% DV	22g TOTAL SUGARS
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WAIT! BREAKING NEWS! Lead and Cadmium Could be in your Dark Chocolate

[Consumer Reports 2022 Updated 2023 Lead and Cadmium Could Be in Your Dark Chocolate
A Third of Chocolate Products Are High in Heavy metals, CR's Tests Find 2023](#)
[Food Revolution Network Heavy Metals in Chocolate: The Lead and Cadmium Concern 2024](#)

Detox with a variety of REAL foods!

- Some foods can help you detoxify by getting rid of heavy metals from your body. These foods bind to the metals and remove them in the digestive process.
- Heavy metal detox foods to eat include:
 - Broccoli, spinach, kale, cilantro, parsley, spirulina, chlorella, barley grass juice powder
 - Tomatoes, blueberries, citrus
 - Curry and turmeric
 - Green tea and lemon water
 - Garlic, Onions & Probiotics

[Dietary Strategies for the Treatment of Cadmium and Lead Toxicity](#)





Give feedback to Zonya

Scan this QR code



Or go to

<https://talk.ac/zonya>

and enter this code when prompted

MMOCKTAILS

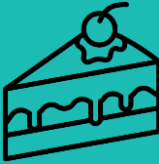
Foods That Hurt the Brain



Sugary Drinks
Diet Drinks, too



Alcohol



Desserts, Cakes, Cookies, Pastries, Ice Cream
Refined flours, sugar, trans & saturated fats



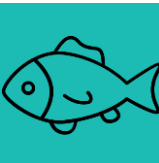
Fried Foods
(Because these aren't good-for-you fats)



Few Vegetables and Small Salads
Mostly white potatoes and iceberg salads



Fatty Meats & Processed Meats



Fish High in Mercury
Shark, Swordfish, Tilefish, King Mackerel, Orange
Roughy, Albacore Tuna

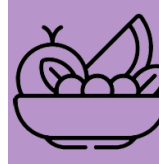
Foods That Help the Brain



Water (first thing in the a.m.)
Plus Black Coffee and Green Tea
Black tea and herbal are excellent too



Sparkling Water Mocktails
No Alcohol or only 2-4 servings per week



Blueberries & Oranges & ALL Fruits
Make the PERFECT DESSERT!
Dark Chocolate (60% or higher, not processed w/Alkali)



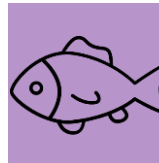
Avocado, Nuts and Seeds
Olive oil and Avocado oil...best choices



Large bowls of Dark Leafy Greens,
Broccoli, Sweet potatoes & MUSHROOMS! <twice/week!
All Veggies!



Lean Meats and Poultry
4 oz portion max



Fatty Fish
Salmon, trout, sardines
Light Tuna not more than twice a week



THANK YOU!



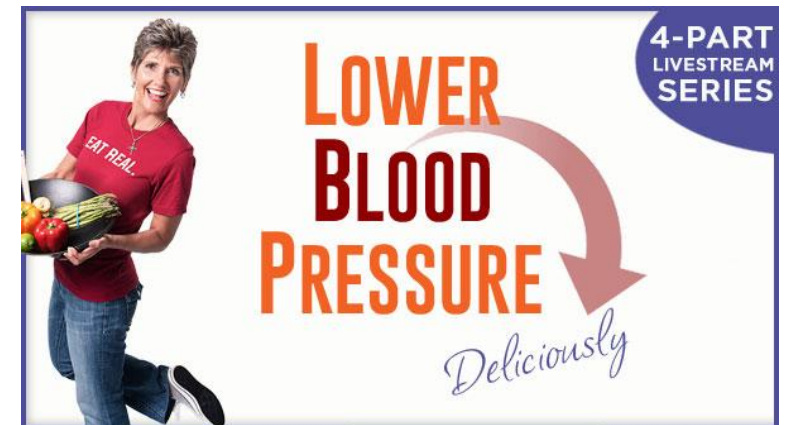
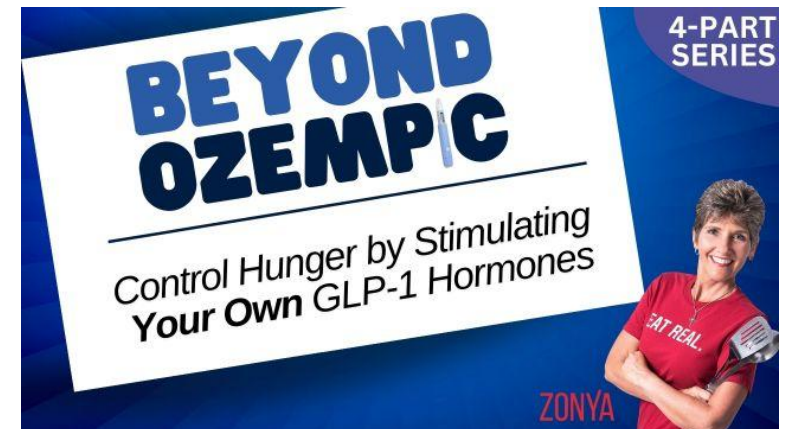
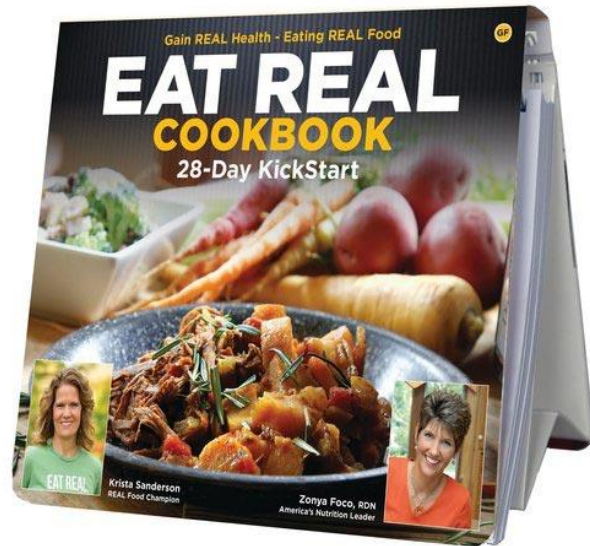
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