



Use this printable grocery list to make shopping for brain-healthy foods simple and stress-free. Aim to choose at least one or two items from each recommended category each week.

Leafy Greens (6+ servings/week)

- Spinach
- Kale
- Collard greens
- Swiss chard
- Romaine lettuce

Other Vegetables (1+ serving/day)

- Broccoli
- Carrots
- Zucchini
- Bell peppers
- Tomatoes
- Cauliflower
- Green beans

Berries (2+ servings/week)

- Blueberries
- Strawberries
- Raspberries
- Blackberries (fresh or frozen)

Nuts (5 servings/week)

- Walnuts
- Almonds
- Pistachios
- Cashews (unsalted)
- Mixed nuts (low-sodium)

Whole Grains (3 servings/day)

- Brown rice
- Quinoa
- Whole oats
- Whole wheat bread
- Barley
- Whole grain pasta



Fish (1+ serving/week)

- Salmon
- Sardines
- Trout
- Mackerel
- Canned tuna (in water)

Poultry (2 servings/week)

- Chicken breast
- Ground turkey
- Turkey cutlets
- Rotisserie chicken (low-sodium)

Beans (3+ servings/week)

- Lentils
- Black beans
- Chickpeas
- Kidney beans
- Navy beans

Olive Oil (Primary oil)

- Extra virgin olive oil
- Olive oil spray (for cooking)

Optional: Wine (1 glass/day, if consumed)

- Red wine (choose sulfite-free, organic if possible)

Foods to Limit

- Red meat (limit to < 4 servings/week)
- Butter/margarine (limit to < 1 tbsp/day)
- Cheese (limit to < 1x/week)
- Pastries and sweets (occasional only)
- Fried or fast food (limit to < 1x/week)

Tips:

- Shop the perimeter of the store first (produce, meats, dairy alternatives).
- Read ingredient labels for added sugars and unhealthy fats.
- Prep and freeze items like beans, greens, and whole grains for quick meals.