FOOD FOR THOUGHT
109 BRAIN BOOSTING FOODS

Good for kids
Good during pregnancy and breast feeding
Good for both kids and mothers

BONUS:
- https://www.adam-mila.com/brain-development-children-0-6-years/
- http://www.momjunction.com/articles/foods-that-will-boost-your-babys-brainpower_00259675/
- http://www.parents.com/pregnancy/my-body/nutrition/healthy-brain-foods-for-babies/
- http://www.webmd.com/parenting/features/brain-foods-for-children#1
- http://www.webmd.com/parenting/features/brain-foods-for-children#1
- http://www.bodyecology.com/articles/5-foods-that-will-make-your-baby-smarter
- https://www.babycenter.com/0_the-10-best-foods-for-babies_00320505.bc