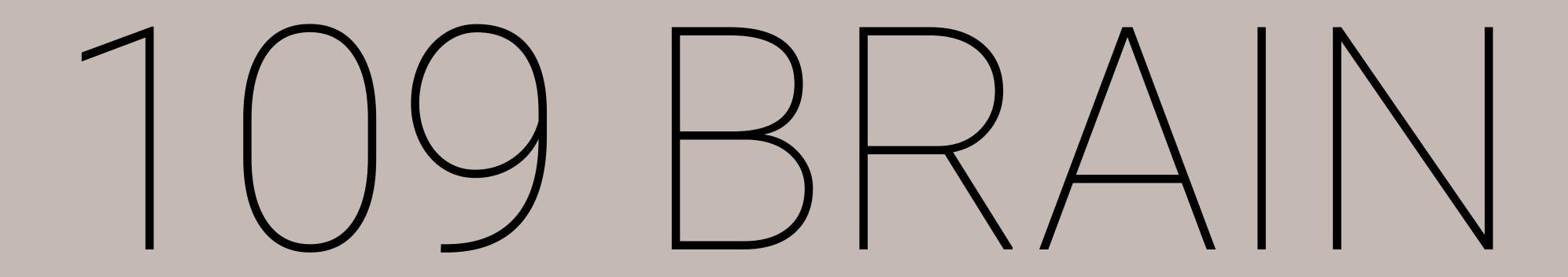
FOOD FOR THOUGHT







Good for kids

Good during pregnancy and breast feeding

Good for both kids and mothers

SOURCES:

http://www.momjunction.com/articles/foods-that-will-boost-your-babys-brainpower_00329675/ http://www.whattoexpect.com/toddler-nutrition/brain-food-for-kids.aspx http://www.parents.com/pregnancy/my-body/nutrition/feed-baby-brain/ http://www.webmd.com/add-adhd/childhood-adhd/features/brain-foods-kids#1 http://www.webmd.com/parenting/features/brain-foods-for-children#1 http://bodyecology.com/articles/5-foods-that-will-make-your-baby-smarter https://www.babycenter.com/0_the-10-best-foods-for-babies_10320505.bc http://www.motherandbaby.co.uk/lifestyle-and-celebs/food/healthy-eating-tips-and-advice/10-super-foods-that-grow-your-babys-brain http://www.medicinenet.com/top_10_brain_foods_for_children_pictures_slideshow/article.htm http://www.prevention.com/food/food-remedies/best-foods-kids-brains



https://www.adam-mila.com/brain-development-children-0-6-years/