

# FOOD FOR THOUGHT

# 109 BRAIN

# BOOSTING

# FOODS



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.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](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.medicinenet.com/top_10_brain_foods_for_children_pictures_slideshow/article.htm)
- <http://www.prevention.com/food/food-remedies/best-foods-kids-brains>

