

Brain-Friendly Food Swaps	
If You're Eating/ Drinking This	Try This Instead
Added sugar	Honey
Alcohol	Kombucha
Breads with refined flour (white bread)	100% whole-wheat bread
Energy drinks	Green, black, or matcha tea (hot or iced)
Fruit juice	Smoothies with whole fruits, veggies, and yogurt
Ice cream	Canned pears sprinkled with cinnamon and cocoa nibs; frozen grapes
Pasta	Whole-wheat pasta
Processed meats (sausage, bacon, cold cuts)	Canned wild-caught fish
Salty snacks	Low-salt nuts, olives, feta cheese, home-cooked popcorn, home-baked kale chips, veggies dipped in hummus or nut butters
Sodas	Seltzer water with natural flavors Water infused with cucumber, mint, citrus, or berries
Sweets	Berries, dark chocolate ($\geq 70\%$ cocoa)
Vegetable oils, butter, and trans fats	Extra virgin olive oil
White rice	Brown rice, wild rice, whole-wheat couscous, or quinoa

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