

# Food for thought

Let's face it. It's hard to stay focused when you're hungry. Hunger leads to headaches, fatigue, and brain fog. When it's time for a snack or meal, choosing foods that help with concentration is essential.

Food is the fuel that our body needs. Think of your body as a car. It needs fuel to operate at its highest potential. When your vehicle is out of gas (or when you're hungry), you have to refuel to keep going. The better the fuel, the better the performance.

When you eat food for concentration, you're also eating foods that support your mental health.

## Some foods that help with concentration

Blueberries

Tomatoes

Fatty Fish  
like tuna &  
salmon

Green Tea

Dark Chocolate

Eggs

Nuts

Leafy greens like  
spinach, broccoli, lettuce

Pumpkin  
seeds