

## **10 Brain Foods for Children—A Nutritional Boost**

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[http://children.webmd.com/child-nutrition-8/brain-foods-for-children?ecd=wnl\\_nrn\\_081308](http://children.webmd.com/child-nutrition-8/brain-foods-for-children?ecd=wnl_nrn_081308)

Certain foods may help improve brain function, memory, and concentration. “The brain is a very hungry organ - the first of the body's organs to absorb nutrients from the food we eat,” explains Bethany Thayer, MS, RD, a Detroit nutritionist and spokeswoman for the American Dietetic Association (ADA).

Growing bodies need many types of nutrients, but these 10 “super” foods help kids get the most from school:

Salmon

Eggs

Peanut butter

Whole grains

Oats/oatmeal

Berries

Beans

Colorful veggies

Milk & yogurt

Lean meat (or meat alternative)