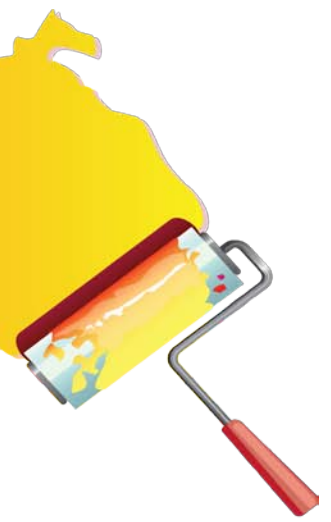


AP DIGEST

An Advanced Placement Program Student Resource

Advanced Academic Services

Austin Independent School District



FEED YOUR BRAIN

A diet with a healthy intake of the following brain foods will improve and sustain brain functioning.



- | | |
|------------------|-----------------|
| Avocados | Milk |
| Bananas | Oatmeal |
| Beef, lean | Oranges |
| Brewer's yeast | Peanut butter |
| Broccoli | Peas |
| Brown rice | Potatoes |
| Brussels sprouts | Romaine lettuce |
| Cantaloupe | Salmon |
| Cheese | Soybeans |
| Chicken | Spinach |
| Collard greens | Tuna |
| Eggs | Turkey |
| Flaxseed oil | Wheat germ |
| Legumes | Yogurt |

