



Brain Wash Shopping List



David Perlmutter MD
empowering neurologist

Brain Wash Shopping List

The foods we eat play a major role in determining the function of our bodies and brains. But unfortunately, modern day foods can quickly lead us to poor health and lock us into a cycle of poor decisions. It's come to the point where, if we're not paying attention to what we're doing, we're probably consuming foods and drinks that ramp up inflammation and damage our thinking. On the other hand, when we play an active role in shaping our diet, we can start regaining control over our health and our decision-making. It all starts with the way you approach grocery shopping.

Every time you buy groceries, you get to decide whether to buy ultra-processed foods that damage your health, or to select items that will fuel you for success. Choosing the right foods—those that help lower inflammation—is a vital step in taking back your good decisions, and creating sustainable health. Here's a basic guide to grocery shopping that will get you started on the right foot!

- 1 Try to stay on the periphery of the store**
- 2 Try to buy foods with one ingredient**
- 3 Make most of your purchases fruits and vegetables**
- 4 Buy organic when you can!**



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Vegetables

- Broccoli
- Lettuce
- Spinach
- Brussels sprouts
- Cabbage
- Kale

Prebiotic Sources

- Jicama
- Onions
- Garlic
- Dandelion greens
- Asparagus

Probiotic Sources

- Kimchi
- Sauerkraut
- Pickled fruits and vegetables
- Cultured condiments
- Tempeh
- Kombucha tea

Fruits

- Berries (in moderation)

Whole Grains

(gluten free, in moderation)

- Non-GMO, oats, rice, corn, quinoa (pseudo-grain)

Healthy Fats and Proteins

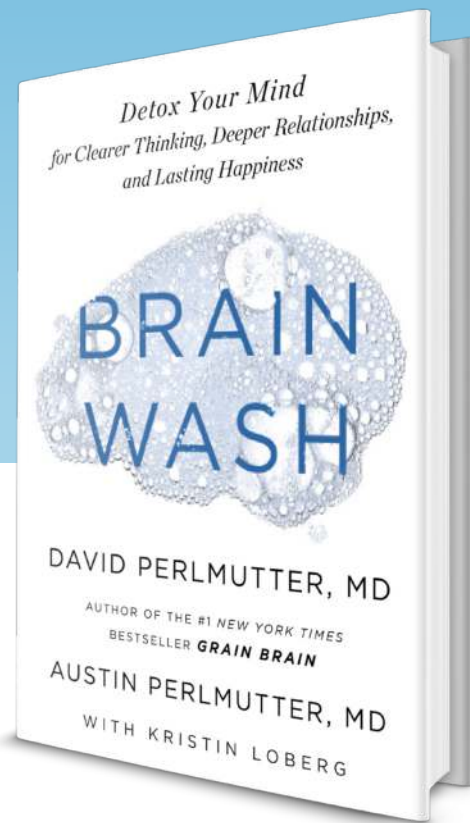
- Avocado
- Nuts
- Seeds
- Olive oil
- Coconut oil

Animal Protein Options

- Eggs (pastured if possible)
- Small, omega-3 rich fish
 - Mackerel
 - Sardines
 - Anchovies
- Wild salmon
- Wild game

Anti-Inflammatory Spices

- Turmeric
- Cinnamon



Discover Brain Wash

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BY DAVID PERLMUTTER MD
AND AUSTIN PERLMUTTER MD



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