



DR. TOM'S PANTRY ESSENTIALS

Anti-Inflammatory & Brain Boosting Staples

It's easy to feel overwhelmed by all of the ways we come in contact with things daily that can easily damage the brain. But as I tell my patients, "It's the base hits that win the ballgame." So set a goal to apply one thing a week. This list will get you started on some of the most common offenders and what to do about it. Usually, it is a straightforward fix to what does add up to significant health problems if habits are not corrected.

Base Hit! When you write your grocery list, make it a habit to start each list with at least one anti-inflammatory or brain boosting staple from the list below. This habit will build your pantry slowly and begin a life-long practice of focusing on critical brain-boosting foods every time you head to the grocery store.

HERBS & SPICES

These herbs and spices inhibit the production of amyloid plaques in the brain.

thought to be neuroprotective

Cinnamon
Ginger
Sage
Rosemary
Turmeric

These spices are anti-inflammatory in nature.

Basil
Cloves
Marjoram
Oregano
Parsley
Tarragon

CRUCIFEROUS VEGETABLES

organic and GMO-free

Vegetables are terrific but cruciferous vegetables specifically contain a family of vital nutrients called glucosinolates that are potent polyphenols particularly useful for lowering inflammation in the intestines.

Broccoli
Brussels sprouts
Cauliflower
Cabbage

NUTS & SEEDS

Nuts and seeds are excellent sources of protein. Many of them are now ground into flours and butters that you can use instead of traditional wheat flour.

Almonds
Black Walnuts
Brazil nuts
Cashews
Chia seeds
Hemp seeds
Macadamia
Pecans
Pumpkin Seeds
Sunflower

WASABI

Wasabi is truly one of the most powerful brain foods you can consume. It is antibacterial, reduces the risk of cancer, anti-inflammatory, and improves immune system function. It also calms down arthritis, improves bone strength, improves lung function and enhances brain function by encouraging the building new brain cells. Wasabi increases the reproduction of brain cells, improves memory and learning ability.

PROTEIN

free range and organic

Eggs
Grass-fed beef
Chicken
Elk *Dr. Tom's personal favorite*
Turkey
Anchovies
Clams
Mackerel
Salmon *fresh and canned*
Sardines
Sole
Tilapia
Trout

DARK-COLORED FRUITS

organic and GMO-free

Dark-colored fruits have a high concentration of polyphenols.

Blueberries
Raspberries
Cherries
Red Grapes

BAKING FLOUR

Wheat is the #1 food to avoid so choose from the many non-wheat flour varieties available at your local grocery store.

Gluten-Free Flours *rice, potato, bean*
Amaranth
Buckwheat
Millet

BEVERAGES

Tomato juice *high in Omega-3s*
Kombucha
Vegetable Juice
Grape Juice
Apple Juice
Green tea *excellent probiotic*

FERMENTED FOODS

You benefit from eating a forkful of fermented foods every day. It is an excellent strategy for rebuilding and maintaining healthy gut bacteria.

Olives
Sauerkraut *look for genuinely fermented - free of sugars and additives*
Kimchi

HEALTHY FATS

HIGH SMOKE point makes these ideal for cooking.

Avocado Oil
Coconut Oil
Ghee

LOW SMOKE point use only as drizzle, in dressings and smoothies.

Olive oil
Flaxseed oil

INTERESTED IN LEARNING MORE?

Get your copy of Dr. Tom's book [You Can Fix Your Brain](#) for a comprehensive look at food and your brain health.

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