

# DID YOU KNOW?

## FOODS TO CALM THE NERVOUS SYSTEM



**Dark Chocolate:** Increases serotonin levels.



**Green Tea:** L-theanine & EGCG have anti-anxiety effects



**Bananas:** Has amino acid tryptophan that converts to serotonin for relaxation



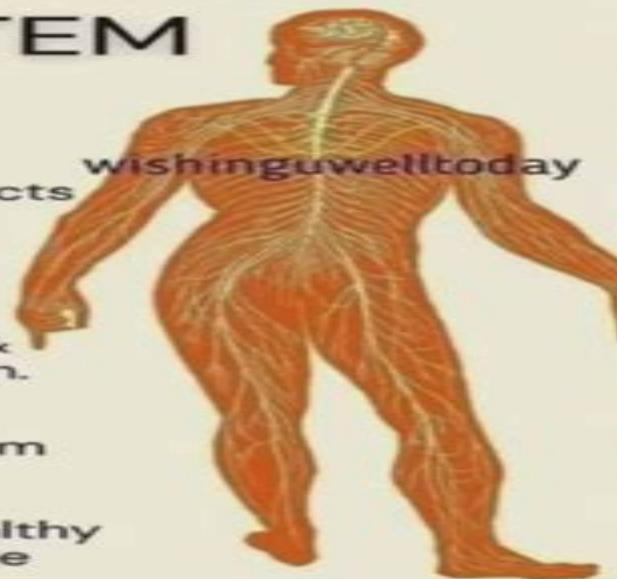
**Blueberries:** Protects brain & nerve cells from inflammation.



**Grapes:** Super -Antioxidant resveratrol for nervous system protection.



**Chia Seeds / Avocados:** Healthy omega 3 fats to protect nerve cells & brain tissue.



# Nutrition The Developing Nervous System

**Brendan G. Carr**



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