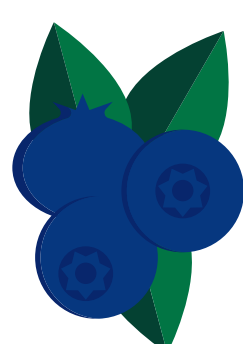


# TOP 10 BEST FOODS FOR PRODUCTIVITY

Brought to you by the new Lotus Sit-Stand Workstation from Fellowes!



1

## BLUEBERRIES

Blueberries contain a group of natural phytonutrients (plant nutrients) called proanthocyanins which have a unique ability to protect both the watery and fatty parts of the brain against damage from environmental toxins.

Pumpkin seeds are rich in Zinc, an essential mineral that can aid in enhancing memory and thinking skills. They also contain L-tryptophan, which helps promote sleep and fight depression.

2

## PUMPKIN SEEDS



3

## ALMONDS

Almonds are among the world's best sources of Vitamin E, with just one ounce providing 37% of the recommended intake. Studies have linked Vitamin E intake with lower rates of heart disease, cancer and Alzheimer's disease.

### MAPLE SESAME ALMONDS (VEGAN, GLUTEN FREE)

#### INGREDIENTS

- 1 tablespoon coconut oil
- 2 tablespoons pure maple syrup
- 2 tablespoons coconut sugar
- ¼ teaspoon salt
- 2 cups unsalted, raw almonds
- 1 ½ tablespoons sesame seeds

#### SOURCE

beamingbaker.com/  
maple-sesame-almonds-  
vegan-gluten-free/

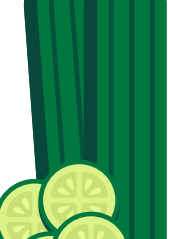
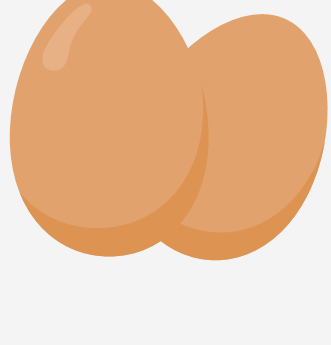
#### INSTRUCTIONS

- Line a cookie sheet with parchment paper or greased foil. Set aside.
- Place a large, nonstick skillet over medium-low heat. Add coconut oil, maple syrup, coconut sugar and salt. Stir until melted and smooth.
- Add in almonds and increase heat to medium. Stir until almonds are thoroughly coated.
- Stir occasionally, allowing almonds to soak in the sugar mixture for 8-10 minutes. You'll know it's done when the sugar mixture is almost completely soaked up and the almonds are sticky like taffy.
- Now, decrease the heat to low. Add in sesame seeds and stir until well incorporated. This will take 1-2 minutes.
- Pour almonds onto the prepared baking sheet, creating an even, spread out layer. Set baking sheet on a cooling rack. Allow to cool for 1 hour. Enjoy!

Eggs contain fat-like B vitamins called Choline that enhance memory and minimize fatigue. Eggs are also rich in unique antioxidants lutein and zeaxanthin, which help protect against eye diseases like macular degeneration and cataracts.

4

## EGGS



5

## CUCUMBERS

Cucumbers contain an anti-inflammatory flavonol called fisetin that helps to improve your memory and protects your nerve cells from age-related decline. Fisetin has also been found to prevent progressive memory and learning impairments in mice with Alzheimer's disease.

The monounsaturated fats in avocados benefit brain function and promote healthy blood flow. They also help in lowering cholesterol levels and may help prevent blood clotting.

6

## AVOCADOS



### EASY TAHINI-FREE AVOCADO HUMMUS

#### INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 2 ripe avocados
- ¼ cup lemon juice (1 lemon, juiced)
- 2 garlic cloves
- 2 tablespoons olive oil + more for serving
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon paprika + more for serving
- Flax Seed Artisan Nut Thins and/or Multi-Seed Artisan Nut Thins for serving

#### SOURCE

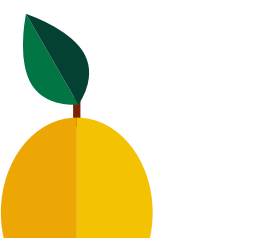
kimscravings.com/2015/08/  
easy-tahini-free-hummus/

#### INSTRUCTIONS

- Place all ingredients in a food processor or high-speed blender and blend or puree until very smooth.
- Transfer to a serving bowl and enjoy with Artisan Nut Thins and/or Multi-Seed Artisan Nut Thins, pita chips, raw veggies and/or use the hummus as a sandwich/wrap spread and add a little water to use as a salad dressing.

#### TO SERVE

- Add several raspberries and fresh mint leaves to the bottom of a sturdy glass.
- Using a muddler or a wooden spoon, press down on the raspberries/mint leaves and lightly twist.
- Add ice and pour tea over top.
- Garnish with extra raspberries and mint leaves if you like.



7

## LEMONS

Lemons are high in potassium, which is good for heart health, as well as brain and nerve function. Lemon juice is also packed with antioxidants that helps decrease blemishes and wrinkles too.

Aside from caffeine, Green Tea is packed with the amino acid L-theanine, which helps improve brain function and has anti-anxiety effects. Multiple studies have also shown that green tea can help lower the risk of Alzheimer's and Parkinson's.

8

## GREEN TEA



### ICED RASPBERRY MINT GREEN TEA

#### INGREDIENTS

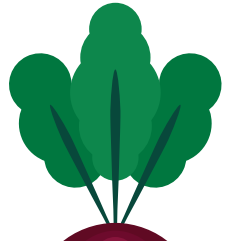
- 3 Red Raspberry tea bags
- 3 Green Tea with Mint tea bags
- 4 cups water, divided
- Raspberries
- Mint leaves
- Ice

#### SOURCE

http://www.mysequinedlife.com/  
2016/08/15/iced-raspberry-mint-  
green-tea/

#### INSTRUCTIONS

- Place the six tea bags in a heat-safe bowl or container.
- Bring 1 cup of water to a boil, and then pour over tea bags.
- Let steep for 10 or so minutes.
- Once steeped, remove tea bags and pour in 3 cups of cold water.
- Chill until ready to serve.



9

## BEETS

Beets are high in natural nitrates, which are converted to nitric oxide in the body. Nitric oxide is known to expand the walls of blood vessels so you can enjoy more oxygen, more nutrients and more energy. Cyclists who drank a single larger serving (500 ml) of beetroot juice were able to ride up to 20% longer.

Rich in Omega-3, Salmon is shown to help increase the efficiency of various brain functions, including improved memory. Omega-3's also help reduce developing atherosclerosis, hypertension and stroke.

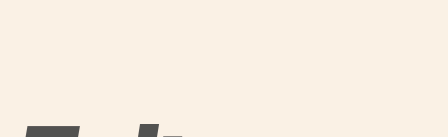
10

## SALMON



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- www.liveinthnow.com/article/new-study-zinc-boosts-brain-power-authoritynutrition.com/9-proven-benefits-of-almonds-good-psychoologytoday.com/articles/200310/what-is-good-brain-food-authoritynutrition.com/sites/articles-good-for-you/articles.mercola.com/sites/articles/archive/2014/08/23/health-benefits-cucumbers.aspx
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