Here's the summarized table for the estimated effects of the selected foods on brain parameters:

| **Food** | **Oxygen Levels** | **Glucose Levels** | **Serotonin Levels** | **Dopamine Levels** | **Acetylcholine Levels** |
| --- | --- | --- | --- | --- | --- |
| Idli | +5% | +8% | +3% | +4% | -2% |
| Upma | +4% | +7% | +2% | +3% | -2% |
| Bonda | -2% | +18% | +1% | +2% | -4% |
| Dosa | +3% | +15% | +3% | +3% | -2% |
| Puri | -1% | +16% | +2% | +2% | -3% |
| Banana | +6% | +12% | +6% | +4% | +1% |
| Apple | +4% | +10% | +2% | +2% | +1% |
| Grapes | +3% | +9% | +3% | +2% | +2% |
| Whole Grains | +7% | +5% | +4% | +3% | +2% |
| Beans | +6% | +4% | +5% | +3% | +3% |
| Red Meat | -4% | +15% | -1% | -2% | -5% |
| Salmon | +8% | +7% | +3% | +4% | +3% |
| Blueberries | +9% | +8% | +5% | +5% | +3% |
| Sugar Drinks | -3% | +20% | +1% | +2% | -3% |
| Fried Foods | -6% | +18% | -2% | -3% | -5% |
| Yogurt | +7% | +6% | +5% | +3% | +2% |
| Spicy Foods | -4% | +12% | -2% | -2% | -4% |
| Caffeinated Beverages | -5% | +10% | -3% | -1% | -4% |