

# BRAIN BOOSTING FOODS.

Throughout life, there are many factors that may affect the health of your brain, and how well it works. Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes and protects the brain.

## **Nuts:**

Nuts are rich in a variety of brain-supporting nutrients like vitamin E, omega-3 fats, copper, and manganese. These nutrients have been shown to help nurture and protect brain cells, prevent or reverse cognitive decline, and improve cognitive function.

## **Fatty fish:**

Fatty fish, particularly salmon, are excellent sources of omega-3 fatty acids. Omega-3s play a role in sharpening memory and improving mood, as well as protecting your brain against cognitive decline.

## **Berries:**

Berries are chock full of antioxidants, flavonoids, and anthocyanin, which makes them a memory and cognition superfood.

## **Leafy green Vegetables:**

Leafy greens such as kale, spinach and broccoli are rich in brain healthy nutrients such as vitamin k, lutein, folate, and beta carotene.

## **Avocado:**

Avocados are packed with healthy monounsaturated fats that support healthy blood flow and nerves in the brain.

## **Eggs:**

Eggs are a good source of several nutrients tied to brain health, including vitamins B6 and B12, folate, and choline.

## **Turmeric:**

Turmeric is a rich source of curcumin, which has powerful anti-inflammatory and antioxidant properties, especially when taken with black pepper.

## **Fermented Foods:**

Fermentation has been used for centuries by cultures around the world to create food that contains an abundance of beneficial bacteria. These bacteria, referred to as probiotics, play a vital role in maintaining the delicate balance of your gut microbes which in turn supports the brain.