

BRAIN HEALTH

7 Foods to Boost Brain Health!



Oily fish are a good source of omega-3 fatty acids. Omega-3s help build membranes around each cell in the body, including the brain cells. Examples of oily fish that contain high levels of omega-3s include: salmon, mackerel, tuna, herring, and sardines.



Dark chocolate contains cocoa, also known as cacao. Cacao contains flavonoids, a type of antioxidant. Antioxidants are especially important for brain health, as the brain is highly susceptible to oxidative stress, which contributes to age-related cognitive decline and brain diseases.



Berries also contain flavonoid antioxidants. Research suggests that these may make the berries good food for the brain. Antioxidant-rich berries that can boost brain health include: strawberries, blackberries, blueberries, blackcurrants, and mulberries.



Nuts and seeds are good for the brain, as these foods contain omega-3 fatty acids and antioxidants. Nuts and seeds are also rich sources of the antioxidant vitamin E, which protects cells from oxidative stress caused by free radicals. The nuts and seeds with the highest amounts of vitamin E include: sunflower seeds, almonds, hazelnuts, and peanuts.



Eating whole grains is another way to benefit from the effects of vitamin E, with these grains being a good source of the vitamin. Whole-grain foods include: brown rice, barley, bulgur wheat, oatmeal, whole-grain bread, and whole-grain pasta.



Coffee is a well-known concentration aid, many drink it to stay awake and encourage focus. Coffee is also a source of antioxidants, which may support brain health as a person gets older. Caffeine can, however, affect a person's sleep and doctors do not recommend caffeine consumption for everyone.



Avocados may support the brain and are a healthy unsaturated fat. Eating monounsaturated fats may reduce blood pressure, and high blood pressure is linked with cognitive decline. Eating monounsaturated fats may reduce blood pressure, and high blood pressure is linked with cognitive decline.