

Brain Foods



Blueberries

Blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia.



Nuts and Seeds

Nuts and seeds are good sources of vitamin E, explaining that higher levels of vitamin E correspond with less cognitive decline as you get older.



Dark Chocolate

Dark chocolate has powerful antioxidant properties, contains several natural stimulants, including caffeine, which enhance focus and concentration.



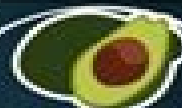
Pomegranate Juice

Pomegranate juice offers potent antioxidant benefits, which protect the brain from the damage of free radicals.



Wild Salmon

Deep-water fish, such as salmon, are rich in omega-3 essential fatty acids, which are essential for brain function.



Avocados

Avocado is a fatty fruit, but it's a monounsaturated fat, which contributes to healthy blood flow. And healthy blood flow means a healthy brain.



Freshly Brewed Tea

Two to three cups a day of freshly brewed tea contains a modest amount of caffeine can boost brain power by enhancing memory, focus, and mood.



Whole Grains

Whole grains, such as oatmeal, whole-grain breads, and brown rice can reduce the risk for heart disease. If you promote cardiovascular health, you're promoting good flow to the organ system, which includes the brain.



Brain Food Diet For Children

Jin-Ying Zhang



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