

# 15 Foods That Support Brain Health



## 1. Avocados

Avocados are packed with monounsaturated fats or the “good” kind, which have been shown to lower rates of cognitive decline and keep blood sugar levels steady. Containing both vitamin K and folate, avocados help prevent blood clots in the brain (protecting against stroke), as well as help improve brain functions related to memory and concentration.

## 2. Beets

Beets are root vegetables and some of the most nutritious foods for the brain that you can eat considering they help reduce inflammation, are high in cancer-protecting antioxidants and help rid your blood of toxins. The natural nitrates in beets actually boost blood flow to the brain, helping with mental performance.

## 3. Blueberries + Other Berries

Blueberries are one of the highest antioxidant-rich foods known, including vitamin C and vitamin K and fiber. Because of their high levels of gallic acid, blueberries are especially good at protecting our brains from degeneration, cognitive decline and stress.

## 4. Bone Broth

Bone broth is the ultimate food for healing your gut (your second brain) and, in turn, helps heal your brain. In addition, it boosts your immune system, improves joint health and overcomes food allergies. Its high levels of collagen help reduce intestinal inflammation and help improve memory.

## 5. Broccoli + Other Cruciferous Veggies

Broccoli, along with related veggies like cauliflower, kale and Brussels sprouts, is one of the best brain-healthy foods out there thanks to its high levels of vitamin K and choline, which can help keep your memory sharp. It also contains phytonutrients that protect brain cells against oxidative stress.

## **6. Celery**

Celery has high levels of antioxidants and polysaccharides act as natural anti-inflammatories and can help alleviate symptoms related to inflammation, like joint pain and irritable bowel syndrome. Because it's so nutrient-dense — packing loads of vitamins, minerals and nutrients with very little calories — it's a great snack option if you're looking to shed pounds.

## **7. Coconut Oil**

When it comes to your brain, it can help suppress cells that are responsible for inflammation. It may also help with memory loss as you age and fight bad bacteria that hang out in your gut.

## **8. Dark Chocolate**

Chocolate is chock-full of flavanols, which have antioxidant and anti-inflammatory properties. Studies show cocoa can increase cerebral blood flow and cerebral blood oxygenation — plus it can help lower blood pressure and oxidative stress in the brain and heart. NO Hershey's Kisses as supermarket chocolate is highly processed. A rule of thumb is the darker the chocolate, the more health perks it offers.

## **9. Egg Yolks**

Yolks contain large amounts of choline, which helps in fetal brain development for pregnant women. It also breaks down bethane, a chemical that produces hormones related to feelings of well-being. If you've kept away from eating eggs whole because of cholesterol concerns, there's good news. Studies show that eating eggs typically has no effect on the cholesterol levels of healthy adults and might, in fact, help raise good cholesterol levels.

## **10. Extra Virgin Olive Oil**

Real extra virgin olive oil (EVOO) is among the top recommended brain foods due to powerful antioxidants that it provides known as polyphenols, as well as healthy monounsaturated fats. It's a staple ingredient in the Mediterranean diet which studies show is associated with cognitive benefits among older adults.

It may also reverse the age- and disease-related changes. The oil also helps fight against ADDLs, proteins that are toxic to the brain and induce Alzheimer's.

As great as extra virgin olive oil is, remember that it's not a good option for HIGH HEAT cooking.

## **11. Green Leafy Vegetables**

Getting regular helpings of leafy green brain foods — like kale, Swiss chard, and romaine lettuce — can help keep dementia at bay according to new research. Green leafy vegetables are also loaded with vitamins A and K, which help fight inflammation and keep bones strong.

## **12. Rosemary + Other Herbs**

Carnosic acid, one of the main ingredients in rosemary, helps protect the brain from neurodegeneration. It does this by protecting the brain against chemical free radicals, which are linked to neurodegeneration, Alzheimer's, strokes, and normal aging in the brain.

### **13. Salmon + Other Oily Fish**

If you like fish, get excited, because salmon is one of the most nutritious brain foods out there! It's packed with omega-3 fatty acids to help keep your brain running smoothly — goodbye, brain fog — and improve memory. If you have kids, a fish oil supplement may help prevent ADHD by improving their focus. These same fatty acids may also help prevent the development of Alzheimer's and dementia.

### **14. Turmeric**

Thanks to curcumin, a chemical compound found in turmeric, the spice is one of the most powerful (and natural) anti-inflammatory agents. Turmeric also helps boost antioxidant levels and keep your immune system healthy, while also improving your brain's oxygen intake, keeping you alert and able to process information.

### **15. Walnuts + Other Nuts**

Walnuts, having high levels of antioxidants, vitamins and minerals, improve mental alertness. The vitamin E found in these nuts may also help protect brain cells and ward off Alzheimer's.