

Brain Healthy Foods

This list gives the best foods to increase your brain health. It includes an explanation of each one. Nutrition plans purchased can be customized to your needs and explanations of each food are provided.

Fatty fish: Fatty fish such as salmon, tuna, and sardines are rich in omega-3 fatty acids, which are essential for brain health. Omega-3s can help reduce inflammation, improve mood, and support healthy brain function.

Blueberries: Blueberries are a rich source of antioxidants that can help protect the brain from oxidative stress. They also contain flavonoids that can help improve memory and cognitive function.

Nuts and seeds: Nuts and seeds such as walnuts, almonds, and flaxseeds are rich in omega-3s, vitamin E, and antioxidants that can help protect the brain from damage and improve cognitive function.

Dark chocolate: Dark chocolate contains flavonoids that can help improve blood flow to the brain and boost cognitive function. It also contains caffeine, which can improve alertness and concentration.

Avocado: Avocados are a rich source of monounsaturated fats, which can help improve blood flow to the brain and support healthy brain function. They also contain vitamin E, which is important for brain health.

Broccoli: Broccoli is rich in antioxidants and vitamin K, which can help improve cognitive function and protect the brain from damage. It also contains choline, a nutrient that is important for memory and learning.

Eggs: Eggs are a rich source of choline, which is important for healthy brain function. They also contain protein and healthy fats that can help support brain health.

Green tea: Green tea contains caffeine and L-theanine, an amino acid that can help improve cognitive function and reduce stress and anxiety.

Turmeric: Turmeric contains curcumin, a compound that has anti-inflammatory and antioxidant properties. It can help protect the brain from damage and improve cognitive function.

Whole grains: Whole grains such as brown rice, quinoa, and oats are rich in fiber, which can help support healthy gut bacteria and improve brain function. They also contain vitamins and minerals that are important for brain health.

If you would like a more personalized one (including foods you love!) email me fitcoachdoug@gmail.com 😊