[fitday.com](https://www.fitday.com/fitness-articles/fitness/5-foods-that-affect-your-mind.html)

**5 Foods That Affect Your Mind**

2-3 minutes

Brain function plays a role in every function in your body. Some days you walk around and feel like you're in a fog. It can be fatigue, but it also can be attributed to your nutrition. Good nutrition can lower your risk of disease, help you fight disease and infections and help you stay focused. Here are some of the foods to include in your diet to really boost your mind.

**Black Beans**

Beans are a great source of protein and are inexpensive. These also contain magnesium and folate which may be good for your mind. In animal studies, magnesium has been found to reverse some of the effects of Alzheimer's. Beans are also good for blood flow, which is essential for good brain function.

**Almond Butter**

Almonds contain about three times as much vitamin E as peanut butter. Vitamin E has been shown to reduce the risk of cognitive impairment. So, swap out that peanut butter for some almond butter with an apple or spread on some celery.

**Whole Eggs**

Just like anything else, eggs in moderation can provide a plethora of nutrients for your body and your mind. Older adults with vitamin D deficiency also appear to have faster rates of cognitive decline than their counterparts with normal levels of the vitamin. Three whole eggs can contain approximately 33 percent of your daily vitamin D needs.

**Fresh Fruits and Veggies**

Include these to help boost your brain function: spinach, broccoli, beets, blueberries, cherry tomatoes, and avocados. Fresh fruits and vegetables should be part of a well-rounded diet to help prevent many diseases and conditions, but these can really help your mind.

**How About Some Tea**

Green tea and chamomile tea can both help with your mind. Chamomile can not only help you sleep but may improve your cognitive function throughout the day. Green tea has also demonstrated properties that may improve cognitive function.

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