

Brain Foods

Blueberries

Quite possibly the greatest food you can eat for your brain. Rich in antioxidants, a recent study at Tufts University showed that eating a serving of blueberries a day slows, and may even reverse, age-related brain decline. They have also been shown to improve memory and mental activity in general.

Nuts

Nuts, especially walnuts, are loaded with Omega-3s, which are high-quality fats. Not consuming enough of these “healthy” fats has been shown to reduce cognitive functioning and even lead to depression. Omega-3s help the brain function properly by keeping it fluid and flexible.

Dark Chocolate

When you are eating chocolate, try to find the highest percentage of cocoa (75%+) and minimally processed (go organic!). Cocoa has been shown to improve circulation and increase blood flow, which may help increase performance in specific tasks and boost general alertness. The nutrients in chocolate have also been found to fight fatigue, sleep deprivation, and the effects of aging

Coffee Beans

Coffee beans are incredibly rich in antioxidants, amino acids, vitamins and minerals. Regular consumption has been shown to reduce the risks of mental decline and diseases such as Alzheimer’s and Dementia.

Orange Slices

When life hands you lemons, ask for orange slices instead. We already know that oranges are an excellent source of Vitamin C and fiber, but they’re also rich in antioxidants. Their effect on memory and cognition is especially good for the elderly population. Unlike their fruit-sibling, blueberries, they’re also significantly cheaper at the grocery store.

Eat up!