



## TOP TEN BRAIN FOODS

### **Blueberries**

Blueberries are bursting with antioxidants and phytochemicals that can help to sharpen the brain.

### **Leafy Green Vegetables**

Folate and vitamin B6, found in broccoli and kale, help convert tryptophan into serotonin, a brain chemical that boots mood alertness.

### **Salmon, Sardines and Herrings**

Oily fish is full of brain boosting omega-d fatty acids. In addition to cold water fish (mackerel, salmon, herrings and sardines) good sources of omega-e for vegetarians include pumpkin seeds, linseeds (flaxseeds) and walnuts.

### **Grape Juice**

Drinking red wine in moderation may boost brain function, but of course in excess can slow down the brain's ability to function properly. Antioxidant rich grape juice may be a smarter option.

### **Brown Rice**

One of the best things you can do to improve your intake of brain boosting nutrients is to switch to brown rice. It is packed with the protein, vitamins and minerals the brain loves.

### **Cranberries**

Cranberries are particularly good for the brain because they are bursting with brain boosting antioxidants – but avoid cranberry juice, which is usually loaded with sugar.

### **Curcumin**

This spice gives curry its yellow colour and can help protect the brain against disease and mental decline.

### **Olive Oil**

Rich in antioxidants for healthy brain function. The extra virgin organic variety is best because the oil is produced naturally without chemical treatment.

**Garlic**

Garlic is rich in compounds with antioxidant activity. Garlic extract is anti-atherosclerotic and as such can potentially help against stroke, dementia and Alzheimer's disease. Garlic also protects blood vessels and prevents plaque build-up in arteries, an important factor in preventing heart disease and stroke. Human studies also show it reduces cholesterol, decreases blood pressure and increases blood circulation, factors that support overall brain health.

**Brazil Nuts**

Brazil nuts are the highest known food source of selenium (one brazil nut contains 50mcg-100mcg of selenium, depending on the selenium content of the soil in which it is grown). Selenium is a powerful antioxidant, is concentrated in the brain and is an important nutrient for brain function.