

FOOD FOR THOUGHT



Research has shown that healthy nutrition habits can be neuroprotective and support cognition.

Good dietary patterns impact several areas of brain health which include mental health, cognitive function, and metabolic biomarkers. Nutritionists say the most important strategy to keep your brain sharp is to follow a healthy diet that includes lots of vegetables, fruit, and whole grains. The best brain foods are the same ones that protect your heart and blood vessels.

Try adding some of these foods into your daily diet to keep your brain healthy.

- Green leafy vegetables: kale, spinach, collards, and broccoli are rich in vitamin K, these plant-based foods can help slow cognitive decline.
- Fatty fish: salmon, cod, and canned light tuna are rich in omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid- the protein that forms damaging clumps in the brains of people with Alzheimer's disease.
- Berries: Flavonoids, the natural plant pigment that give berries their color, also help improve memory.
- Walnuts: Nuts are excellent sources of protein and healthy fats, and walnuts in particular improve memory, according to a study.