



10 FOODS TO OPTIMIZE YOUR BRAIN HEALTH

1

COFFEE

Super high in polyphenols which protect brain cells. Caffeine in coffee gives you a surge of energy, improves mental performance, slows age-related mental decline and increases serotonin.

2

WATER

Your brain and body are about 75-80% water. Studies show that well-hydrated people score better on brain performance tests.

3

DARK CHOCOLATE

Improves your focus, concentration, and mood. Stimulates endorphins.

4

BLUEBERRIES

Protects your brain from oxidative stress. Reduces the effect of brain-aging conditions.

5

GREEN LEAFY VEGETABLES

Good sources of vitamin E and folate which help protect your brain cells and prevent neurodegradation.

6

AVOCADO

Helps keep healthy blood flow in the brain. Good source of monounsaturated fats for cognitive function and memory.

7

TURMERIC

Reduces inflammation, boosts antioxidant levels. Keeps your immune system healthy and improves your brain's oxygen intake.

8

COCONUT OIL

Medium chain fatty acid, which ignites your body's fat-burning furnaces to help create ketones, which can be used for energy by your brain.

9

WALNUTS

High levels of antioxidants, zinc and vitamin E which protect your neurons. Wards off brain-aging conditions. Lots of magnesium, which improves your mood and thus your brain.

10

EGGS

Full of memory-improving choline, Omega-3s, and vitamin E.