



BRAIN FOODS

According to the National Institute of Health, many studies have recognized how certain diets or nutrients can positively influence brain health and processes like memory or concentration. Several of these studies recognize that improving diet, exercise and our environmental factors has the potential to alter our brain health and even reduce the risk of certain neurological disorders like Alzheimer's disease. Overall, the food we incorporate into our diets can affect not only our body, but also the brain. Exploring or swapping out certain foods in your daily meals can give your brain the boost it needs. Check out some of the tips below!

DON'T FORGET ABOUT FISH.

Fish is a great source of omega-3, the type of fatty acid our bodies cannot produce, and can help improve overall brain health. The American Heart Association recommends eating two servings of fish a week. Include omega-3-rich fish, such as salmon, cod, haddock, tuna or halibut.

LOAD YOUR PLATE WITH FRUITS AND VEGETABLES.

Dark leafy green vegetables like spinach, kale and broccoli are rich in many brain-boosting nutrients like Vitamins A, C and E. Berries are packed with antioxidants that can potentially slow aging in the brain and elsewhere.

CHOOSE COMPLEX CARBS OVER REFINED CARBS.

Swapping out simple carbs with whole-grain substitutions can positively influence brain health by keeping energy levels consistent. Try brown rice, quinoa, oatmeal, whole grain breads, pastas, and buckwheat.

GRAB A CUP OF COFFEE OR TEA.

Coffee, one of the most popular beverages, has been shown to improve memory and potentially decrease your risk of dementia. Not a coffee drinker? Black and green teas contain brain-boosting antioxidants. Give your tea plenty of time to steep before drinking to get maximum brain boosting benefits.

SPICE UP YOUR FAVORITE DISH.

Many herbs and spices such as turmeric, cinnamon and ginger are packed with antioxidants that may decrease harmful inflammation in the brain and elsewhere.