



TOP 15 BEST BRAIN AND MEMORY FOODS TO SHAPE YOUR MIND

Let's learn more about these nourishing foods for brain health!



Dark Chocolates

Beyond just being tasty, dark chocolate has an abundance of antioxidants that act as defenders against those cunning free radicals.



Dark and Leafy Greens

Consider vegetables like kale, spinach, and broccoli; they are the vitamin superheroes, particularly in folate and vitamin E.

Nuts and Seeds

Nuts, including walnuts, almonds, and peanuts, are brain food warriors. Packed with omega fatty acids and protein, these are quick fixes for our minds.



Blueberries

Act as a kind of brain protection. Rich in antioxidants, they protect the body from free radicals, which are like little troublemakers waiting to harm.

Beans

These tiny, nutrient-dense marvels are a triple treat since they include omega fatty acids, fibre, and B vitamins.



Avocados

They are the delicious brainpower champions! Rich in omega fatty acids and vitamin E, these green wonders provide twice the goodness.

Whole Grains

Rich in B vitamins, omega-3 fatty acids, and complex carbohydrates, they are the brain's most fantastic friends.



Red Cabbage

The superpower of antioxidants! It has anthocyanin, an antioxidant that improves focus and mental performance. Additionally, it has a lot of vitamin K.

Brown Rice

A treasure trove of B vitamins, packed with these vitamins, it functions as a cheerleader for the brain, transforming amino acids into essential brain chemicals.



Green Tea

Drink some green tea for brain-boosting magic! Rich in antioxidants, it acts as a barrier against free radicals.

Quinoa

Rich in iron, B vitamins, and complex carbohydrates, quinoa is like a nutritional powerhouse for your brain.



Salmon

Due to its high content of omega-3 fatty acids, especially DHA, salmon is an excellent brain food. DHA promotes improved brain function by acting as a builder for the brain.

Tomato

Beyond its ability to enhance colour, lycopene also controls gene expression, ensuring control of your inflammation and brain cell development in a balanced manner.



Turmeric

This rich yellow spice you use in curries contains a superpower called curcumin. Acts as a mood enhancer, causing dopamine and serotonin making you feel joyful.



Oranges

Foods high in vitamin C, like oranges, also act as brain superheroes! Also acts as a shield against free radicals, which are crafty troublemakers.

Happy
Tummy

Foods That Heal Boost Memory Power

IM Harris



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