

## FOOD to Improve, Mind, Memory, and Cognitive Function

<b>FOOD</b>	<b>INFO</b>	<b>BRAIN HELP</b>
Avocado	Increases healthier fats; Keeps skin, hair, and nails looking and feeling healthy	Improves cognitive brain function; Maintains blood sugar levels
Beets	Improves energy levels	Improves cognitive function
Blueberries	Increase antioxidants; helps ward off cancers (developed during aging); protects against environmental toxins. High in Fiber and Vit K	Protects the brain from degenerative illnesses, stress, and toxins
Broccoli	Vit K, Vit C, Fiber	Improves memory function and focus
Coconut Oil	Has anti-inflammatory properties	Can boost memory and cognitive function
Dark Chocolate	Improves blood flow to the brain; Promotes anti-inflammatory and antioxidant properties	Improves cognitive function
Eggs	Best source of choline	Helps to positively alter memory functions (later in life)
Ginseng	Controls anxiety and depression	Prevents neurological damage from Alzheimer's, Parkinson's, and Huntington's diseases
Grains – WHOLE	Complex carbohydrate, which is a longer-lasting energy source	Slows cognitive decline and protects against dementia when eaten with other plant-based sources
Green Tea	Contains phytochemicals	Provides some protection against Parkinson's disease; Increases relaxation, mental clarity, and cognitive function
Kale	Nitrate, Vit K, Folate	Slows the decline of brain function in adults; produces healthy levels of neurotransmitters, serotonin and dopamine (regulates mood)

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Lamb	Vit B12, Zinc, Selenium, Niacin, and Heme/Iron	Improves long-term cognitive abilities
Oranges	Rich in Vit c	Improves blood flow to the brain in young adults; Improved overall brain function in older adults
Olive Oil	Vit E, Vit K	Lowers depression, stress, and anxiety levels
Pumpkin Seeds	High in Omega 3 and Omega 6 fatty acids, as well as Zinc	Improves the communication between neurons; Decreases memory loss
Red Wine	Contains a polyphenolic compound called resveratrol	Helps protect the brain by strengthening the blood brain barrier; Polyphenols inhibit the growth of brain tumor cells (some studies have shown this); Lowers the ability of the immune system by-products to infiltrate the organs and cause disease
Rosemary	Contains an ingredient called carnosic acid, which can fight off damage by free radicals in the brain.	Protects the brain against neurodegeneration (cause of Alzheimer's); Protects against stroke and macular degeneration (vision issues)
Salmon	High in Omega 3 fatty acids	Decreases brain fog; improves memory and concentration; lowers the risk of developing certain cancers
Sage	Is an anti-inflammatory	Protects the brain by inhibiting amyloid deposits (linked to Alzheimer's and dementia)
Soy	Contains isoflavones	Lowers the risk of cognitive function decline in older women
Tomatoes	As we age, tomatoes help inflammation (less)	Contain high amounts of lycopene when cooked. Lycopene reduces oxidative stress which damages the brain

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Turmeric	Helps with healing and has anti-inflammatory properties	May improve neurological conditions such as Alzheimer's disease, migraine headaches, and depression
Vitamins <ul style="list-style-type: none"><li>○ B 1</li><li>○ D</li><li>○ Omega 3</li><li>○ Magnesium</li><li>○ Co-enzyme 10</li></ul>		Nerve-brain communication Maintains nerve health Promotes brain health Aids in nervous system function Antioxidants which protects the brain
Walnuts	High in minerals, vitamins, and antioxidants	Lowers the risk of Alzheimers; improves memory, alertness, and concentration