10 Best Foods For A Brain Healthy Diet

1. Leafy Greens:
Foods such as kale, spinach, lettuce and arugula have been known to improve brain health. According to a study published in the journal *Neurology,* people between the ages of 58 to 99 who ate a half cup of leafy greens each day had less of a cognitive decline than those who hardly ate any leafy greens.

2. Beets:
High in antioxidants and nitrates, beets allow the brain to think clearly and increase attention span. Nitrates increase blood flow to the brain while antioxidants are cancer-fighting in nature.

3. Avocados:
Rich in folate and vitamin K, avocados improve cognitive brain functions such as concentration and memory. They can be used for guacamole, smoothies, or on a piece of toast.

4. Fish:
A 2016 study published in the journal Neurology tracked more than 900 people in their 70s and 80s for five years. They found that those who ate more fish saw fewer declines in memory and other measures of brain health compared with people who rarely ate seafood. This can be attributed to the omega-3 fatty acids found in fish.

5. Nuts:
Eating five or more servings of nuts like almonds, walnuts and pistachios per week can reduce inflammation, decrease insulin resistance and improve levels of fats in the blood, which all contributes to a healthy brain.

6. Broccoli:
High in choline and vitamin K, broccoli can contribute to memory function and focus. Raw or cooked, as a side or in stir-fry, broccoli is a great choice to improve brain health.

7. Cocoa:
Already known to have heart health benefits, cocoa has flavonoid antioxidants which can also accumulate in the brain protecting brain health over the long term.

8. Blueberries:
Said to have the highest antioxidant level of any food, blueberries protect the brain from toxins, degeneration, and stress.

9. Rosemary:
Whether consumed fresh, dried, or as an oil, rosemary protects the brain from signs of ageing, Alzheimer's, neurodegeneration and stroke.

10. Coconut Oil:
With powerful anti-inflammatory properties, coconut oil can boost memory and cognitive function. Try replacing the fat in any cooking recipe with coconut oil.