

# Best Brain Foods That Boosts Your Brain Power

## ● FATTY FISH

- Essential Omega 3s
- Excellent source of vitamin B12



## ● EGGS

- Reduce inflammation & promote memory
- May delay brain shrinkage



## ● AVOCADOS

- Full of monosaturated fats
- Rich in Vitamin K and folate



## ● SEA VEGETABLES

- Rich source of nutrients
- Reduce symptoms of schizophrenia, depression and other mental disorders



## ● KALE

- Help blood flow to the brain
- May prevent cognitive decline



## ● BERRIES

- May boost short-term memory
- Reduces inflammation in brain cells



## ● OLIVE OIL

- Great "brain food"
- Reduce the risk of Alzheimer's & dementia



## ● COCONUT OIL

- Boosts Brain Functioning
- Act as an antioxidant and antibiotic



## ● TURMERIC

- Immune Booster
- Prevents progression of mental diseases



## ● DARK CHOCOLATE

- Powerful source of antioxidants
- Improves blood flow & brain function Reduce stress



## ● WALNUTS

- Boost the function of Neurotransmitters
- Relieve brain inflammation and protect neurons



## ● FERMENTED FOODS

- Contribute to positive mental health
- Produce mood-enhancing brain chemicals



## ● COFFEE

- Improves- Alertness, mood, concentration, & general mental function
- May protect against brain diseases



# Brain Food

**Julia Schneider**



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