

Five of The Best Brain Foods



Avocado

Often avoided because it is felt they have a high fat & cholesterol content, avocados facilitate blood flow to the brain, which is essential for keeping the mind alert and focused to concentrate. They can also help to reduce overall blood pressure.



Chocolates

For most people this is probably the nicest of all brain foods, although it must be said, its really only good-quality darks & milk chocolate with a high percentage of cocoa solids. Eating a couple small squares of premium dark chocolate every day will help provide lots of memory-improving anti-oxidants, whilst eating the same amount of milk chocolate will improve motor function & reaction times.



Oily Fish

Fish such as salmons, mackerel, herrings and sardines are rich in a nutrient called Omega 3, which is essential for the development and maintenance of brain tissue. Nutritionists recomend two portions of oily fish a week as part of a balanced diet. Tinned or fresh is equally acceptable.



Blueberries

High in antioxidants and a rich source of vitamin C, blueberries have been shown in many studies to guard against short term memory loss. Eating them can help aid co-ordination and balance.

Pumpkin Seeds

Rich source of Omega 3 oils and Zinc, they're perfect for vegetarians out there who feel they might miss out because they can't eat oily fish. The seeds help maintain the part of the brain that keeps sensory function intact.

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