Foods That Help Improve Brain Health

The Freeman · 15 Apr 2024 · 11

Just as there is no miracle drug that can stop cognitive aging, there is also no one superfood that can keep your mind sharp as you get older. Nutritionists, however, stress that maintaining a balanced diet rich in fruits, vegetables, legumes, and whole grains is the most crucial tactic.

Studies have shown that the best "brain food" are the same ones that protect the heart and blood vessels, which include the following:

Green, leafy vegetables

Leafy greens such as kale, spinach and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline and improve brain health.

Fatty fish

Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid – the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Flaxseeds, avocados, and walnuts are also rich in omega-3.

Tea and coffee

The caffeine in your morning cup of coffee or tea might offer more than just a short-term concentration boost. In a 2014 study published in The Journal of Nutrition, participants with higher caffeine consumption scored better on tests of mental function. Caffeine might also help solidify new memories, according to other research. Investigators at Johns Hopkins University asked participants to study a series of images and then take either a placebo or a 200-milligram caffeine tablet. More members of the caffeine group were able to correctly identify the images on the following day.