- Tea / Brain

Nutrition

BETTER HEALTH, MORE ENERGY AND USEFUL, EXPERT-APPROVED ADVICE ON A PLATE

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SUITS YOUR BRAIN TO A TEA

Want to protect your brain against cognitive decline? Snack on berries and sip on tea. A study of more than 120,000 adults found that those who ate a diet rich in flavonoids – potent antioxidants found in plant-based foods – were 28 per cent less likely to develop dementia than those who ate few flavonoids. Green and black tea, berries and red wine were found to have the greatest protective effect, but the researchers caution that it's best to stay away from alcohol given its other health risks, including cancer. In a separate study, regular green tea drinkers had fewer brain lesions associated with dementia. We'll drink a cuppa to that!

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK