

## Berries

- Improves learning capacity and motor skills
- High in phytonutrient antioxidants
- Protects the brain from Alzheimer's and dementia
- High in vitamin C, fiber, and antioxidants

Recommended intake: 1 1/2 to 2 servings per day

# Vegetables

#### Ex: Carrots, Tomatoes, Spinach

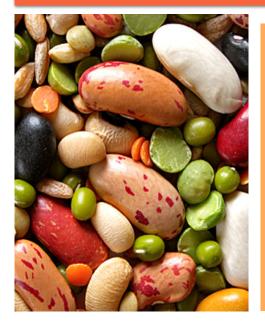
- Increases cognitive function
- Offers memory improvement
- Helps keep your brain alert
- Improves blood flow and reduces inflammation
- Slows the process of age-associated cognitive decline

Recommended intake: 2 to 3 servings per day

### Avocados

- Rich in monounsaturated fat, which contributes to healthy blood flow to the brain
- Improves blood supply and oxygenation to the brain. Just 1/4 of an avocado can strengthen the brain functions like planning and critical thinking
- Monounsaturated fats protect nerve cells and provide support to information carrying nerves

Recommended serving: 1/4 to 1/2 medium avocado



# Beans

- Garbanzo beans: best food source of "magnesium"
  - Helps brain cell receptors speed the transmission of messages and increases blood flow to the brain
- Stabilizes glucose: brain depends on glucose for energy!
- Contains lots of antioxidants which help protect the brain

Recommended serving: 1/2 cup