



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 ½ 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: ¼ to ½ 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: ½ cup