

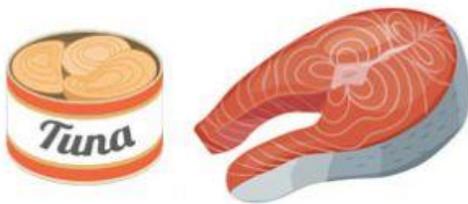
# 5 FOODS LINKED TO **BETTER BRAINPOWER**

## **GREEN VEGGIES**



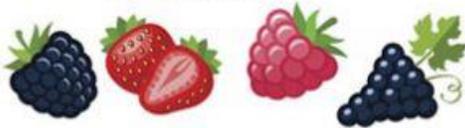
**1.** Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

## **FATTY FISH**



**2.** 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.

## **BERRIES**



**3.** Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

## **TEA + COFFEE**



**4.** Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

## **WALNUTS**



**5.** Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

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