



Brain Foods That Help You Concentrate

The foods you eat play a role in keeping your brain healthy and can improve mental tasks, such as memory and concentration. Your brain uses 20% of your body's calories, which means it's even more important to consider what you're eating each day.

Nutritionists recommend eating a healthy diet full of fruits, vegetables, legumes, and whole grains. It's best to get protein from plant sources and fish. When possible, choose healthy fats—such as olive oil or canola oil—instead of saturated fats. You can help support overall brain health and boost your concentration by strategically including the following foods or drinks in your daily diet.

Fatty fish, including salmon, trout, and sardines, are rich sources of omega-3 fatty acids. Omega-3s help build brain and nerve cells and are essential for learning and memory. If you're not a fan of fish, ask your doctor about taking an omega-3 supplement.

Blueberries are loaded with antioxidants that may delay brain aging and improve overall function and memory. Blueberries may even delay short-term memory loss while being a great source of several important nutrients.

Nuts contain brain-boosting nutrients, healthy fats, and antioxidants. Vitamin E can even help slow mental decline. Eating nuts—specifically walnuts, almonds, and hazelnuts—on a regular basis can enhance your memory and recall.

Green tea doesn't contain as much caffeine as coffee, but it has enough caffeine to produce alertness without any jittery effects. Green tea also contains L-theanine, an amino acid that increases brain wave production. Together, the brain-boosting duo of caffeine and L-theanine is proven to increase mood, reaction time, and memory.

Breakfast may, indeed, be the most important meal of the day. Studies have shown that eating breakfast may improve short-term memory and attention. Set yourself up for success and fuel up with a well-balanced breakfast of high-fiber whole grains, protein or dairy, and fruits.