

# Brain Food

According to Oxford online dictionary, brain food is food that is beneficial to the brain, especially in increasing our intellectual capabilities.<sup>[1]</sup> Increasingly, more people are turning to brain food to boost their brain power. Instead of relying on hearsay about what food is good for improving our brain power, it is better to check with credible and authoritative sources such as medical references and experts on this hot topic. Here are some natural brain-boosting foods <sup>[2][3][4][5]</sup>:

## 1. Grapes

Grapes are a good source of antioxidants and have also been found to protect our brain cells and inhibit the onset of Alzheimer's disease.

## 2. Avocados

Avocados contribute to healthy blood flow and lower blood pressure. This in turn results in better brain health as healthy blood flow means that there is sufficient blood flow to the brain and a lower blood pressure means there is less risk of hypertension which causes a decline in cognitive abilities. However, avocados are high in calories so do eat it in moderation.

## 3. Eggs and Fish

Eggs and fish have high iodine content. A lack of iodine can decrease a person's intellectual capacity by as much as 10 to 15 percentage points, according to a U.N. study.<sup>[6]</sup>

## 6. Nuts

Nuts contain a high percentage of vitamin E and help to prevent our mental abilities from deteriorating.

## 5. Spinach

Spinach contains a huge amount of folic acid and vitamin K. These improve our brainpower by protecting the brain from diseases that affect the elderly and the healthy functioning of the brain respectively.

## 4. Salmon

Salmon is rich in essential fatty acids, which cannot be made by the body and need to be obtained from the food that we eat. Consuming sufficient amounts of essential fatty acids will delay the onset of age-related diseases like Alzheimer's disease and memory loss.

### Did you know?

Studies have shown that the brain power of approximately 80% of the world population has dropped because people are not consuming sufficient amounts of the right vitamins.<sup>[6]</sup> So, do ensure that you consume sufficient nutrients to maximise your brainpower.

#### Sources:

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