

Brain Foods: Foods That Can Help You to Be Smarter

Source: *Nutrition For Women*

According to Linda Milo Ohr, contributing editor of *Food Technology* magazine, recent research has shown how six foods and ingredients that can be easily integrated into a person's diet can help boost memory.

1. **Omega-3 fatty acids:** Cold water fish like salmon is a good source of docosahexaenoic acid and eicosapentaenoic acid, which are linked to improved cognitive functioning and lower depression. According to The *Dietary Guidelines for Americans*, pregnant or breastfeeding women are advised to consume at least 8 ounces but no more than 12 ounces of seafood each week and not eat certain types of fish that are high in mercury.
2. **Green tea:** According to *Medline Plus*, green tea, that's made from *Camellia sinensis* plant, is effective in improving mental alertness and thinking. The effect of green tea improving mental abilities is mostly due to the caffeine present in the product. According to *IFT*, recent study has shown that antioxidants like epigallocatechin-3-gallate can aid memory.
3. **Blueberries:** A rich source of anthocyanins, blueberries can improve scores in memory related tests. Research has suggested that a diet rich in berries can help in maintaining cognitive abilities. According to a latest study, women who eat strawberries and blueberries have a reduced risk of heart attack.
4. **Green leafy vegetables and other foods that contain magnesium:** Needed for 300 biochemical reactions in the body, magnesium helps maintain normal mental and nerve functions, according to *Office of Dietary Supplements*. Green leafy vegetables, beans and peas, nuts, seeds and unrefined food grains are all good sources of magnesium. A 2010 study showed that magnesium improved cognitive abilities of aged rats.
5. **Walnuts:** Antioxidants present in these nuts can reduce the risk of age-related neurodegenerative diseases including Alzheimer's disease.
6. **Chocolate:** Recent studies have shown that cocoa consumption can improve cognitive abilities of a person.

Source: Six Foods That Keep Your Brain Healthy (from *Medical Daily*)