

Barbara Elder



5 great foods to boost your brain power ... naturally

It was nothing big or dramatic.

Just a simple 4-syllable word in a homework assignment.

A word that my daughter had read numerous times before... effortlessly.

But, this evening, for some reason, she was stumped. Getting frustrated at first ... then just sobbing uncontrollably.

Her tears weren't about that one word.

We know that.

They reflected the anxiety that had been building up inside her for months ... to the point where most days she felt like a hopeless underachiever.

We've all felt that despair ourselves.

But to see it in our kids ... that's a powerful wake-up call.

Reality check time ...

We all pride ourselves on being responsible parents. So, how could we have allowed this situation to fester right under our nose?

Yes ... guilt - that dark, pit in the stomach sensation - wastes no time in inserting itself into the equation.

Easy options ... uncomfortable consequences ...

Truth be told, the frantic pace of life propels us relentlessly towards nutrition options that emphasize convenience over healthy sustenance.

Breakfast is always a frantic rush ... so pancakes or fruit loops it is.

For lunch, we grab a hamburger at our favorite fast-food outlet. Then pizza and chips for dinner.

And on and on it goes. Day after day of brain depleting nutrition.

Till our brains lose their sharpness, and we lose our mojo.

There's never a wrong time to do the right thing ...

So, now's the time to give our kids a brain-boosting head start. A fighting chance to become fearless super-achievers ... motivated to excel and seize the excitement of life ...

We just need to develop a whole new relationship with food.

It really is that simple ...

Turns out certain foods play a mega role in sharpening our brain ... improving data retention, memory, concentration, and mood.

These foods – all natural, without additives of any kind - can also safeguard the brain against age-related cognitive decline, and brain fog.

Who knew keeping it so simple could be the key to great cognitive health?

So ... let's check them out ...



And salmon is so easy - and delicious - to prepare. Try drizzling it in mustard maple sauce with a fresh garden salad. Yummy perfection!

1. Fatty fish

Fatty fish is most often at the top of the best brain food list.

It's all about the heart-healthy fat ... omega-3 fatty acids.

Fatty fish include salmon, trout, and albacore tuna ... all of which are rich sources of omega 3.

These fats are essential for building brain and nerve cells. Without them, learning impairments, depression, and mood swings can be the result.

2. Blueberries



An effortless addition to your breakfast menu. Sprinkle on waffles or - better yet - incorporate into a brain-boosting breakfast smoothie of bananas, strawberries, peaches, pears, and spinach. (Yes, spinach. Great way to hide the veggies!)

Now you have a deliciously healthy start to an active school day or hectic workday.

Blueberries provide specific health benefits to the brain, thanks to their anti-inflammatory and antioxidant properties.

A little berry that can ward off brain aging and improve memory and certain cognitive processes in kids and older adults ...

Now that's what we call powerful simplicity!



3. Broccoli

How well we know the broccoli face, right? That look of *eewww* at the mere sight of the veggie.

But, as it turns out, broccoli is a super brain booster.

Not only is it packed with powerful antioxidants, but is rich in vitamin K, essential for forming the type of fat that's densely packed into brain cells.

Vitamin K aside, this veggie is rich in anti-inflammatory and antioxidant compounds ... believed to protect the brain against damage.

Try breaking up the florets and intermingling them in a beautiful garden salad. One that includes your fussy eater's favorite fruit, such as pear or peach. Drizzle on a whisper of olive oil and balsamic vinegar ... and we're off to the races!



4. Dark chocolate

Now for the good stuff ... and this one's a win-win for sure. For, not only is dark chocolate good for you, but it's simply delicious!

The magic ingredient in dark chocolate – unlike milk chocolate – is the abundance of flavonoids ... a group of antioxidant plant compounds.

Research suggests that these flavonoids gather in the brain, where they promote enhanced memory and slow down age-related mental decline.

To top it all off ... chocolate has been found to be a mood booster, promoting increased positive feelings.

Now that's guilt-free indulgence!



5. Coffee

Ahhh ...our must-have daily brew. It gets us going each morning and recharges the batteries throughout the day ... to perfection.

What's more ... coffee is a great brain booster.

Its two main components - caffeine and antioxidants - have several positive effects on the brain, including:

- Increased alertness
- Feel-good mood booster
- Sharpened concentration

Drinking coffee has also been linked to a reduced risk of neurological diseases, such as Parkinson's and Alzheimer's.

Awesomeness in every drop ... no wonder we just can't get enough!

But wait ... there's more

There are more brain boosting natural foods to be enjoyed of course ... nuts, oranges, green tea, eggs, to name a few...

We'll discuss the benefits of those at another time.

But if we make a start and introduce these first five ... we'll be well on the way to amazing brain sharpening results ... naturally!

Source: 11 Best Foods to Boost your Brain and Memory –

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