

Memory Boosting Food Chart

VEGETABLES AND LEAFY GREENS



SPINACH

RADISH

KALE

BROCCOLI

CABBAGE

CAULIFLOWER

OMEGA FATTY ACIDS



MACKEREL

HALIBUT

SARDINES

TUNA

FLAX SEEDS

BEANS

NUTS

COFFEE, CHOCOLATE, AND SPICES



COFFEE

DARK CHOCOLATE

COCOA POWDER

TURMERIC/CURRY

ANTIOXIDANT RICH BERRIES AND DARK-SKINNED FRUITS



STRAWBERRIES

BLUEBERRIES

ORANGES

RASPBERRIES

CHERRIES

PLUMS

FATS/OILS



EXTRA VIRGIN OLIVE OIL

AVOCADOS

OLIVES

VIRGIN COCONUT OIL

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Vegetables, especially leafy greens like spinach, kale, turnip greens and cruciferous vegetables like broccoli, which have been strongly linked to lower levels of cognitive decline in older age, according to a study in the Annals of Neurology.

Salmon and other cold-water fish, such as halibut, tuna, mackerel and sardines, which are rich in omega-3 fatty acids. Other omega-3 sources include beans, some nuts (such as walnuts, pecans, and pistachios), flax seeds and healthy oils, like olive oil.

Berries and dark-skinned fruits, which are rich in antioxidants. According to the Alzheimer's Association, some of the fruits that pack the most punch are blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes and cherries.

Coffee and chocolate are surprisingly good for you. Recent studies have shown that caffeine and coffee can be used as therapeutics against Alzheimer's disease. The caffeine and antioxidants in these two tasty treats may help ward off age-related memory impairment, along with olive oil and curry.

Extra virgin olive oil contains a substance called oleocanthal that helps boost the production of key proteins and enzymes that help break down the amyloid plaques associated with Alzheimer's disease.

Cold-pressed virgin coconut oil is a heart-healthy oil that is free of cholesterol and trans-fats, and boosts ketones. Coconut oil has been shown to improve the body's use of insulin, increase HDL (good cholesterol), boost thyroid function and acting as an antioxidant and natural antibiotic.

Remember:

- The goal of a brain healthy diet is to provide you the tools and resources necessary for you to make adjustments in your diet to help protect and support you memory for the rest of your life.
- The more brain-healthy foods eaten the better. Remember, this is not an all-or nothing plan.
- Everyone has days where they eat fewer healthy foods, do not become discouraged!
- As long as a continual effort is made to make better food choices, you are doing great!
- Use the tools shared today to make brain healthy choices!!