

# 5 Foods That Fuel Your Brain

*Smart food for sharper focus, better mood & calmer nerves*



## 1. Oily Fish

**(Salmon, mackerel, sardines, anchovies)**

Rich in **omega-3 fatty acids**, especially DHA — the building block of your brain.  
Helps: improve memory, focus, and reduce inflammation.

*DHA is essential for normal brain structure and function.*

— Dr Lisa Mosconi, *Brain Food*

👉 **How to use it:** Grilled, baked, or tossed into salads.

If you don't eat fish, consider a good-quality algae oil supplement.

## 2. Walnuts & Chia Seeds

Plant-based omega-3s + fibre + antioxidants = triple win.

They also support gut health — and what's good for the gut is good for the brain.

*People who consume more walnuts show better cognitive function, even with age.*

— UCLA study, *Journal of Nutrition*, 2015

👉 **Snack on a handful of walnuts**, or sprinkle chia on yogurt or porridge.

### 3. Berries

Blueberries, strawberries, raspberries — vibrant colour means **polyphenols**, which reduce oxidative stress in the brain and support memory.

*Flavonoids found in berries can delay brain aging by up to 2.5 years.*

— Harvard Nurses' Health Study

👉 **Tip:** Add frozen berries to smoothies or overnight oats.

### 4. Leafy Greens

Spinach, kale, rocket, swiss chard — they're packed with **folate, vitamin K, and lutein**. These help regulate neurotransmitters and protect against age-related decline.

*One serving of leafy greens a day may slow cognitive decline.*

— Rush University, *Neurology*, 2017

👉 Eat them raw in salads or sautéed with olive oil and garlic.

### 5. Eggs

Not just protein! Eggs are rich in **choline**, a vital nutrient for the production of acetylcholine — the neurotransmitter involved in memory and learning.

*Choline intake is positively associated with cognitive performance.*

— *American Journal of Clinical Nutrition*, 2011

👉 Best served boiled, poached, or as a veggie-packed omelette.

### Final note:

This isn't about superfoods or strict rules. It's about smart nutrition for a smart brain — especially after 40, when your needs begin to shift.

**Feed your brain. It runs the show.**

# Brain-Boosting Meal Plan – 1 Day to Think Clearer

## Breakfast: Greek Yogurt Brain Bowl

- 150 g full-fat Greek yogurt
- ½ mango (diced)
- ½ peach (diced)
- 1 tsp chia seeds
- 1 tbsp chopped walnuts
- A pinch of cinnamon

*Why?* Omega-3s, antioxidants, probiotics, and protein all in one bowl. A perfect slow-release fuel for your neurons.

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## Lunch: Salmon & Quinoa Salad

- Grilled salmon fillet (100–120 g)
- ½ cup cooked quinoa
- Mixed greens (spinach, rocket, watercress)
- ¼ avocado, sliced
- Cherry tomatoes & cucumber
- Dressing: olive oil + lemon juice + mustard

*Why?* DHA from salmon + magnesium-rich quinoa + leafy greens = memory, focus, and calm nerves.

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## Dinner: Veggie Omelette with Garlic Greens

- 2 eggs + splash of milk
- Chopped red pepper, mushrooms, spinach
- Fresh herbs (parsley, oregano)
- Side of sautéed broccoli & garlic in olive oil
- Optional: sprinkle of feta

*Why?* Choline for memory, greens for slow cognitive ageing, and garlic to support circulation.

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## Evening Snack: Berries & Dark Chocolate

- A handful of blueberries and raspberries
- 1–2 squares (15 g) of dark chocolate (min. 70% cocoa)

*Why?* Flavonoids + polyphenols = mood regulation and better blood flow to the brain. Plus, a little pleasure never hurt cognition.

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### **Bonus tip:**

Hydrate with **2L of water**, sip **green tea** between meals, and get **10 minutes of daylight + 5 minutes of mindful breathing** — your brain loves oxygen as much as it loves omega-3.