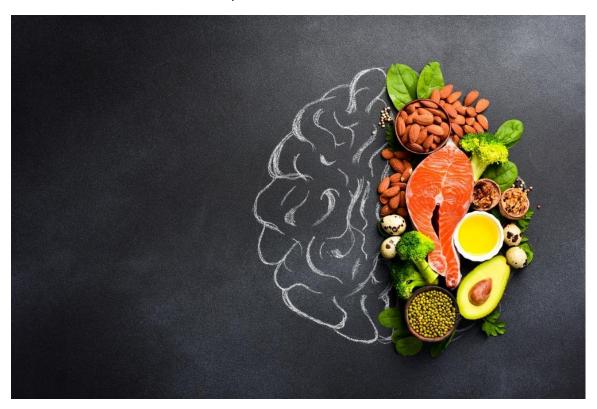
5 Foods That Fuel Your Brain

Smart food for sharper focus, better mood & calmer nerves



1. Oily Fish

(Salmon, mackerel, sardines, anchovies)

Rich in ${\bf omega-3}$ ${\bf fatty}$ ${\bf acids}$, 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

to 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

frack 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
- **f 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
- Feat 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.

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.

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.

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.

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.