

## Foods to Boost Brain Health

### Leafy Greens



**Spinach, kale, collards**

Vitamin K, folate, lutein and beta-carotene

### Berries



**Blueberries, strawberries**

Antioxidants, vitamin C and fiber

### Whole Grains



**Oats, quinoa, brown rice**

Fiber, B vitamins and minerals linked to lower risk of heart disease

### Fish



**Salmon, sardines, mackerel**

Omega-3 fatty acids

### Nuts and seeds



**Walnuts, almonds, flaxseed**

A mix of healthy fats and antioxidants

### Beans and lentils



**Black beans, chickpeas, lentils**

Fiber, protein and B vitamins

### Olive oil



**Extra virgin olive oil**

Heart and brain-healthy fats

### Water



**Still or sparkling water**

Helps prevent dehydration

### Natural caffeine (tea and coffee)



**Green or black tea, coffee**

May improve attention and memory