

Fruit, leafy vegetables, fish and nuts packed with omega-3 fatty acids may help improve mental focus.

Antioxidant-rich **green tea** may enhance memory and mental alertness.

Sweet potatoes, are rich in magnesium, one of the best minerals for promoting calmness and improving mood.

The magnesium in **pumpkin seeds** (also called pepitas) may help relieve anxiety and stress to make you feel calmer. The seeds also contain iron, which can help improve your mood, and zinc, which helps with memory. 'Tis the season!

Leafy green spinach is packed with good-for-your-brain nutrients shown to help ward off mental decline.

Moderate amounts of **caffeine** can help increase alertness and attention and may even help lessen feelings of depression. But too much can be, well... too much! Limit yourself to just a few cups a day.

Chickpeas combine complex carbohydrates to fuel your brain, protein to keep you alert, and folic acid to boost memory.



Foods that fuel your BRAIN

Give your diet a boost with these delicious foods that are just as good for your brain as they are for your body! Choose those high in vitamins, minerals and antioxidants that nourish you and are shown to promote happiness.

Omega-3s and Vitamin D in “fatty fish” like **salmon and tuna** may help reduce anxiety and depression, improve memory and boost cognitive function.

A lack of Vitamin C has been linked to increased stress levels. **Yellow bell peppers** contain almost twice as much Vitamin C as oranges and half the sugar.

Magnesium-rich **beets** also help increase levels of serotonin, which we need to fight anxiety, fatigue and irritability.

Avocados are a good source of B vitamins that play a role in producing brain chemicals to reduce stress and boost mood. Avocados also provide the nutrient lutein, which improves memory and problem-solving ability.

Dark chocolate contains cocoa flavanols, an antioxidant that's been shown to reduce inflammation, which is linked to depression.

An **egg yolk** is packed with more than 20% of the daily recommended amount of tryptophan, an amino acid needed to produce serotonin. Serotonin helps ease stress and promote a feeling of calm. Egg yolk is also a good source of Vitamin D, which helps protect against memory loss and forgetfulness.

Drinking more **water** can help raise your spirits since mild dehydration can make you feel down in the dumps.

“Let your food be your medicine.”

— HIPPOCRATES