

10 BEST FOODS TO BRAIN HEALTH



Nuts and Seeds

Packed with brain-boosting nutrients



Eggs

Rich in B vitamins and choline for brain function



Green Tea

Enhances alertness and memory



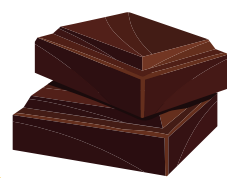
Fatty Fish

Omega-3s for memory and mood



Coffee

Boosts morning alertness and concentration



Dark Chocolate

Protects the brain and elevates mood



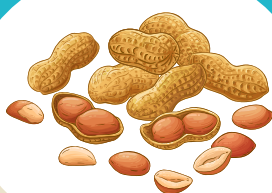
Berries

Reduce inflammation and enhance memory



Whole Grains

Benefit from vitamin E for brain health



Peanuts

Provide minerals and vitamins for energy



Oranges

Vitamin C fights off free radicals