

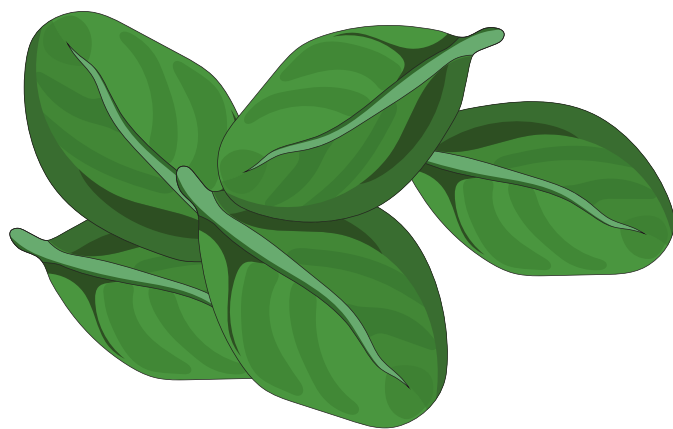
5 Brain-Boosting Foods to EAT DAILY

1

Leafy Greens

Leafy greens like kale and spinach are high in vitamin K, lutein, folate, and beta carotene.

Try: Avocado, Strawberry, & Spinach Salad



2

Fatty Fish

For example, salmon and mackerel are rich in omega-3s that build brain and nerve cells.

Try: Salmon Bowl with Quinoa



3

Nuts & Seeds

Particularly walnuts and flaxseeds are excellent sources of antioxidants and healthy fats.

Try: Dark Chocolate & Walnut Energy Bites



4

Whole Grains

Whole grains like oats, quinoa, and brown rice provide steady energy and stabilize blood sugar.

Try: Overnight Oats with Berries & Chia Seeds



5

Berries

Blueberries and strawberries are full of antioxidants that protect the brain from oxidative stress and inflammation.

Try: Berry & Almond Smoothie

