The brain uses about 20% of the body’s calories so it’s important to eat healthy food to maintain concentration throughout the day.

A healthy diet can keep an aging brain sharp with better memory, alertness, and improvements in everyday behavioral and social functions.

**BRAIN- BOOSTING FOODS**

- Leafy Green Veggies
- Berries
- Oily Fish
- Nuts and Seeds
- Whole grains

**How can these foods help?**

**Salmon & Walnuts** – are good source of omega-3 fatty acids which help build and repair brain cells. Eating omega-3s can increase blood flow to the brain to help you think and improves memory.

**Blueberries** – packed with antioxidants, which help reduce inflammation, boost learning and memory, and slow down problems related to an aging brain.

**Spinach & broccoli** – has many nutrients and vitamins that can help you remember details, concentrate better, and think clearly.

**What Can You do?**

- Snack on a handful of berries and nuts
- Try spinach in your sandwich
- Use collard greens as a wrap or tortilla
- Make broccoli stir-fry with salmon
- Add avocado on whole-grain toast