



15 Foods To Reboot the Brain

Don't lose your mind; be sure to add these foods to your grocery cart if you want a mental boost. The foods below contain antioxidants, vitamins and minerals, phytosterols, and omega-3 fatty acids that are linked to a lower dementia and stroke risk, reducing age related diseases, stimulating brain cell production and/or increasing memory capacity.

Beverages

- Coffee
- Tea
- Water

Produce

- Blueberries
- Kale
- Collards
- Spinach
- Avocado

Sweets and Spices

- Dark Chocolate
- Turmeric

Protein

- Almonds
- Walnuts
- Salmon
- Eggs

Other

- Probiotics: found in supplement form, Kefir, Sauerkraut, Miso, Tempeh, Kimchi, Kombucha Tea



*All items may not be in all stores

mypricechopper.com 