

# 10 Foods That Supercharge Your Brain

*The modern way of living is demanding and highly exhausting.*

Our hectic daily schedules can take a toll on our health. We worry so much about the things we have to do, that we disregard giving our body the fuel it needs. The same goes for our brains.



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Just like your body can get physically exhausted, so can your brain. It gets tired and starts to slow down. Then, you start feeling unable to think clearly. Luckily, there are foods you can take to supercharge your brain. Food is the essential and primary source of energy, stamina, and focus. Together, we'll break down the 10 foods your brain needs to function properly.

Let's dig in.

## 1. Blueberries



If you know anything about eating healthy, you know how great blueberries are. These dark berries are always at the top of all healthy food lists.

When it comes to the link between blueberries and the brain, this food can take the title of “superfood”.

Here’s why blueberries are great for the brain:

- They’re rich in antioxidants
- They improve brain function by feeding the neurons around it
- As a result, they improve memory and cognitive function

The best part about blueberries is that they’re delicious. You can add them to your smoothie mix, oatmeal bowl, or ice-cream mix.

They’re extremely healthy in the long run, too. They slow down the process of brain aging, helping you stay mentally sharp for a longer time.

## **2. Walnuts**



The next food on our list is a favorite nutritious snack. Walnuts are tasty, great for your brain, and you can serve them in different meals.

What makes walnuts so fascinating is their nutrition They're rich in:

- Iron
- Calcium
- Manganese
- Copper
- Phosphorus

They're able to supercharge your brain thanks to omega-3 fatty acids and antioxidants. They're able to improve your mood, memory, cognition, and mental abilities.

Eat a handful every day to get the full benefits of this brain food.

### **3. Fatty Fish**



All seafood is considered to be healthy. But, fatty fish is one of the best food options you can make when you're looking for some true brain food.

Here's what types of fish are in the group of fatty fish:

- Salmon
- Trout
- Tuna
- Sardines
- Herring
- Mackerel

*"The reason why fatty fish is so good for the brain is that they're rich in omega-3 fatty acids. These substances have a positive impact on our brain function. They help us nurture our mind"* says Johanna Lively, an editor from [Trust My Paper](#)[1].

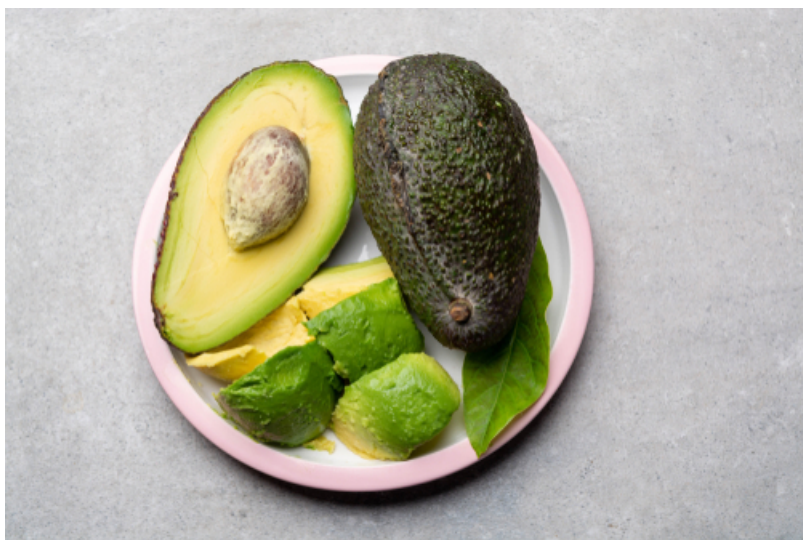
Thanks to omega-3 fatty acids, fatty fish can:

- Build brain cells
- Build nerve cells
- Improve memory
- Prevent Alzheimer's and dementia

Feeding our brain these omega-3 fatty acids will help improve your brain function. It will also help you improve

cognition and memory. That's why you should eat some sort of fatty fish at least once or twice per week.

## 4. Avocado



Avocado lovers are going to be thrilled to read how great this food is for their brain function.

Avocado is a strange type of food because you can include it in so many different meals:

- Spread it over a piece of bread
- Mix it in a smoothie
- Cut it into a salad

You can eat it in any shape or stadium of ripeness. While you eat it, enjoy thinking about these facts:

- It's a great source of vitamins E, C, K and B complex
- It improves your mood
- It prevents depression
- It fights cell damage

Eating avocados will power your brain up, give you more energy, and improve your mood.



## 5. Leafy Greens



Greens are also on top of many healthy-foods lists, and we're not making an exception. Leafy greens such as broccoli, kale, spinach, or chard can feed your brain and help it function normally.

A versatile combination of different leafy greens will ensure you consume enough:

- Vitamin K and C
- Iron
- Sulforaphane
- Beta carotene
- Flavonoids
- Folate

All of this, and more, is available to you in those simple leafy greens. You can put them in an omelet, spread over a salad, or mix into a smoothie.

It will feed your brain and ensure you experience the following beneficial effects:

- Improved brain development
- Improved mood

- Improved memory
- Reduced brain atrophy

*"You have to be creative when it comes to serving your leafy greens. Make them more interesting to eat by experimenting with them in the kitchen. This will help you make them a regular part of your diet,"* says Richard Pearson, a nutritionist, and writer at [Studicus](#).

## 6. Turmeric



When we're speaking about healthy foods, we shouldn't forget the importance and power of spices. There's a ton of healthy spices such as cinnamon, pepper, or ginger. But turmeric is extraordinary.

This yellow-colored spice originates from India. It comes from the root of a plant called *Curcuma longa*. It's a very complex spice and is rich in different kinds of antioxidants.

Thanks to the antioxidant, turmeric positively influences brain function:

- Protects the nerves
- Works as an anti-depressive
- Removes migraines
- Calms you down

You can add it to your tea or your salad dressing, or even spread it over meat and veggies before baking them in the oven.

Turmeric will agree with other spices as well, so try making your own winning combination.

## 7. Dark Chocolate



Finally something for you chocolate lovers. Dark chocolate is the king of all candy since it's actually good for your health and is safe to consume.

The difference between dark chocolate and milk chocolate is that the first one contains more cocoa and less sugar. It's the cocoa that makes it so good for your brain.

Here's how it works:

- Dark chocolate has at least 70% of cocoa
- Cocoa is rich in flavonoids and epicatechin



- The above mentioned improve blood flow to the brain
- As a result, you memorize better, learn easier, and have better focus

Now you don't have to feel guilty for adding a bit of dark chocolate to your snack menu. Just make sure you don't go too far with it.

## 8. Pumpkin Seed



Pumpkin seed is often disregarded for its simplicity. But, don't let it fool you. This food is another way you can feed and supercharge your brain.

Pumpkin seed is rich in:

- Iron
- Copper
- Magnesium
- Zinc

All of these nutrients play a significant role in maintaining healthy and proper brain function.

The benefits go from improved memory to the prevention of neurodegenerative diseases such as Parkinson's or Alzheimer's.

Add pumpkin seeds to your daily consumption plan. Use it to

stay healthy and ready for all the mental challenges you have to face.

## 9. Coffee



Coffee is the most popular beverage in the world. Coffee lovers enjoy their morning cup of tea more than anything else in the world.

Well, luckily for them, coffee is on the list of foods that can supercharge your brain.

Coffee doesn't have beneficial effects n the brain in the long run. It's more of an instant boost to your brain.

The **caffeine** from a cup of coffee can help you:

- stay alert
- keep your focus
- memorize better
- achieve more
- stay concentrated

It's also a great way to postpone tiredness and spend more time awake when you need it.

So, when you're in need of instant concentration and focus,

drink a cup of this wonderful beverage. Your problem will be solved.

## 10. Oranges



Finally, the last food on our list has a hidden beneficial effect for the brain that you're probably not aware of. Oranges are super-healthy and delicious at the same time. What more can you ask?

We all know that oranges are rich in vitamin C. In fact, one average orange contains all the vitamin C you need in a day.

Fascinating, right?

But what good does it do to our brain?

Well, vitamin C is one of the key micronutrients for:

- Saving brain cells from potential damage
- Preventing mental diseases from developing
- Increasing memory and improving cognition

The antioxidants from a single orange will help your brain stay young and protected from potential dangers.

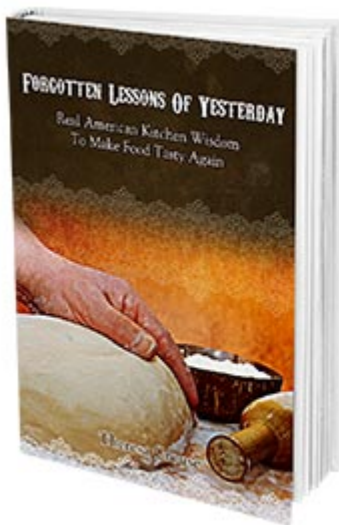
You can eat the orange as a snack or squeeze it to drink it like a refreshing beverage. But, don't forget to drink with

the pulp, since  
that's where the nutrients are.

## Final Thoughts

More often than not, we focus on foods that energize our bodies and increase our physical stamina. But, we forget that we have to feed our brains as well. Everything starts with your brain. Your ideas, plans, efforts, and physical ability are all defined by your brain function.

The list above will help you find the best combination for supercharging your brain. Use the foods from the list and add them to your daily meals. You'll see what works best for you and your brain will be thanking you.



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