



## Top 10 brain foods

Did you know that some foods are good “brain food?” Studies show that certain foods can help with memory, mood, focus and your overall ability to think clearly.

So... you’re probably wondering: what are these foods that can help me keep my brain in shape?<sup>1</sup>

- **Blueberries.** Blueberries are becoming known as “super food.”<sup>2</sup> They do many good things for your body and mind. Some of the benefits include: improving memory and helping to reverse age-related declines in motor skills, balance and coordination.
- **Salmon.** Salmon is high in Omega-3 fatty acids, which help develop new tissue for increasing brain power. Salmon may also be critical in fighting Alzheimer’s disease.
- **Flax seeds.** These contain a fat that can help keep you sharp. Eat them in yogurt, cereal, salad or even bake with them.
- **Coffee.** Caffeine — in moderation — is another important brain food. It may help protect against Alzheimer’s and dementia. Just don’t overdo it. Also, try to avoid the high calorie “add ins” that are popular in today’s coffee drinks.
- **Nuts.** If you’re nuts about nuts, good for you and your brain! Nuts — including peanuts, walnuts, pecans and others — can fight insomnia, keep memory strong and promote clear thinking. Almonds can even help improve your mood.
- **Avocados.** These assist in good circulation. Healthy blood flow enables you to think well and stay “on the ball.”
- **Eggs.** Eggs contain choline which contributes to better memory.
- **Whole grains.** Oatmeal and whole grain breads contain fiber, vitamins and healthy fats. Like avocados, they help improve circulation.
- **Chocolate.** Here’s the news you’ve been waiting for: both dark and milk chocolate show benefits! Small amounts can help with focus, memory and reaction time.
- **Broccoli.** Okay, so it’s not as exciting as chocolate. But including it in your diet can keep your mind sharp as a tack.

So, next time you choose your food, **think** about it!

### Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

**1-888-825-3509**  
[www.HorizonCareLink.com](http://www.HorizonCareLink.com)  
**Username: firstdata**  
**Password: myeap**

<sup>1</sup> This list and information is from [www.dirjournal.com](http://www.dirjournal.com)

<sup>2</sup> [www.webmd.com](http://www.webmd.com)