



# Nutrition Education



## Brain Food

By incorporating the foods mentioned into your daily diet it is not only enjoyable to eat but you are taking part in supporting overall memory and brain health.

## Foods to Support Your Memory

Did you know that nutrition can impact overall brain health? In particular, there are foods that play important roles with cognitive functions and the ability to remember.

**Let's see what on the memory supporting menu below!**

**Fish:** Many types of fish contain a nutrient called DHA which is an omega-3 fatty acid. Long term intakes of adequate DHA have been linked to improved memory and reduced rates of cognitive decline. Oily fish contain DHA such as: salmon, sardines, trout, tuna, mackerel, and herring. ***When possible, aim to eat fish high in DHA two times per week.***

**Walnuts:** Walnuts are a plant-based omega-3 fatty acid that may improve cognitive function. ***Try adding walnuts to oatmeal, salad, or have a handful of raw walnuts for a healthy snack.***

**Dark Colored Berries:** Berries such as blueberries, cherries, and blackberries contain a flavonoid called anthocyanins and other flavonoids that may help support memory function. ***When fresh berries are not available or in season, frozen berries are a great substitute to keep on hand year-round.***

**Leafy Greens:** Studies have found that kale, spinach, swiss chard, and collard greens are a few dark leafy greens that may slow cognitive decline and may improve memory. ***Aim to include at least one cup of dark leafy greens to your diet every day. You can add greens to a soup, salad, or sautéing with garlic.***



Sources: EatRight.org

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