

Feel good 😊

SHOPPING LIST

ALZHEIMER'S AND BRAIN AWARENESS MONTH

What we eat and drink doesn't just affect our body, it also affects our brains. And emerging research shows that certain foods can help us feel more alert in the short term and can also offer protection in the long-term. Add these foods to your grocery cart to reap the brain benefits!

Blueberries: The anthocyanins in blueberries are associated with a ton of health benefits, including better brain function.

Brainiac Brain Butter: These PB packets aren't only delicious, they have the brain supporting nutrients choline and omega-3 fatty acids.

Citrus fruit: (oranges, lemons, limes): These vitamin C-packed fruits help protect cells from oxidative damage, thereby protecting our brains.

Cocoa powder: The flavanols in cocoa fight inflammation. You can try it in this [Spiced Cocoa Popcorn recipe](#).

Eggs: The yolk of eggs contains numerous important nutrients, including choline, which [research](#) has linked to better memory.

EVOO: Extra virgin olive oil is rich in polyphenols and vitamin E. Low levels of vitamin E have been associated with poor memory performance in older people.

Fatty fish: ([salmon](#), tuna, herring, sardines). Not only are fatty fish an excellent source of brain protecting omega-3 fats, they also contain choline, which supports cognition.

Leafy greens: Opt for [kale](#), arugula, and Swiss chard for plenty of folate, a B vitamin that is necessary for brain function.

Walnuts: These tree nuts contain several compounds that help fight inflammation, and they're the only one that provides an excellent source of omega-3 fatty acids. [Studies](#) show that walnut eaters have fewer memory issues as they age.

Whole grains: ([oats](#), [quinoa](#), brown rice, [barley](#), popcorn). Not only do whole grains provide fiber (which most of us need more of), they also contain zinc, which is involved in nerve signaling. Zinc deficiency has been linked to impaired learning and even depression

To learn more about Alzheimer's and brain health, [click here](#).