

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.

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.

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

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

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.

Prunes: Studies associate memory-improving characteristics with prunes. Along with their sweet taste and jammy texture, prunes have potassium, vitamin B6 and copper, which all contribute to normal functioning of the nervous system. They're essential in my pantry for baked goods, roasted vegetables, stews, grain salads and my Power Bites.

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.

