

6 FOODS TO INCREASE YOUR BRAINPOWER



Be Health-minded.

Eat **HEALTHY**



1

Blueberries

Studies have shown that blueberries can help to improve memory.



2

Salmon

Salmon contains DHA, an omega-3 fatty acid which helps to stimulate brain cell growth



3

Broccoli

Broccoli contains Vitamin K which helps to improve cognitive abilities

4

Spinach

Spinach can help keep your brain alert. It is rich in several vital antioxidant vitamins



5

Dark Chocolate

Dark chocolate contains flavonoids which can help improve blood flow to the brain



6

Avocado

Avocados contain monounsaturated fats which help prevent hardening of blood vessels

