

Ever heard before the saying, “you are what you eat”? Turns out, that is not entirely untrue. Your brain needs the nutrients just as your heart, lungs and the rest of your body do.

Here are 6 easy-to-get food to boost that brainpower of yours:

Wholegrains



Like everything else in your body, the brain cannot work without energy. To keep you alert throughout the day, choose wholegrains instead of refined grains. Options such as brown rice will release glucose more slowly into the bloodstream as compared to white rice, and this steady supply of energy will help you focus even when it's 4pm on a Friday!

Tomato, Tomato



You've probably heard your mum nagging at you to eat more tomatoes because they're good for your skin, but there's more goodness in this juicy red vegetable (or fruit, if you wanna be scientific)! There is good evidence to suggest that lycopene, a powerful antioxidant found in tomatoes, could help protect against a certain kind of free radical damage to cells. This could slow down the development of dementia, particularly Alzheimer's.

Pump pumpkin seeds into your system



Don't look down on this little snack! Power packed with zinc, a handful of them can help fulfil your daily recommended amount, which can help you boost memory and thinking skills.

Oily want is oily fish



The most effective omega-3 fats such as EPA and DHA have been linked to a lower risk of developing Alzheimer's disease and memory loss. However, these essential fatty acids (EFAs) cannot be made by the body and must be obtained through diet. Oily fish contains EPA and DHA in a ready-made form, which enables the body to use it easily. Some of this delicious and healthy fish include salmon, trout, mackerel, herring, and sardines.

Marry blueberries



Studies done suggest that the consumption of blueberries may be effective in improving or delaying short term memory loss. You can easily get them fresh, and they're common as a dried snack too, so there's no excuse not to eat them!

Go nuts



You may have heard that walnuts must be good for the brain since they look like a tiny one. But that's true for most other nuts too! Studies suggest that a good intake of vitamin E might help to prevent cognitive decline, particularly in the elderly, and nuts are a great source of vitamin E. Create a trail mix with this [cool recipe](#) or get them in [cute little bags](#) you could take with you anywhere.