

# Health Tip of the Month

## BRAIN- BOOSTING FOODS



The brain uses about 20% of the body's calories so it's important to eat healthy food to maintain concentration throughout the day.

A healthy diet can keep an aging brain sharp with better memory, alertness, and improvements in everyday behavioral and social functions.

### Eat more

Leafy Green Veggies  
Berries  
Oily Fish  
Nuts and Seeds  
Whole grains



## How can these foods help?

**Salmon & Walnuts** – are good source of omega-3 fatty acids which help build and repair brain cells. Eating omega-3s can increase blood flow to the brain to help you think and improves memory.

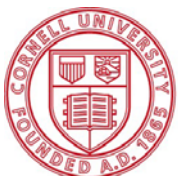
**Blueberries** – packed with antioxidants, which help reduce inflammation, boost learning and memory, and slow down problems related to an aging brain.

**Spinach & broccoli** – has many nutrients and vitamins that can help you remember details, concentrate better, and think clearly.



### What Can You do?

- Snack on a handful of berries and nuts
- Try spinach in your sandwich
- Use collard greens as a wrap or tortilla
- Make broccoli stir-fry with salmon
- Add avocado on whole-grain toast



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**Worksite Wellness Initiative:** by Nadine Osorio, Dietetic Intern  
Hunter College, CUNY 100: 12/21  
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