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5 BRAIN BOOST FOODS

WITH HELPFUL HINTS

1. Sweet potatoes -complex carbohydrates and contains antioxidants. which might have memory enhancing effects
2. Fatty oils - Wild salmon, mackerel, herring, trout, sardines, and tuna are all types of fatty fish.

Salmon contains the highest amount of omega-3 (EPA and DHA) essential fatty acids. Be careful where you source your fish from as some might contain high dose of mercury.

5 Brain Boost Foods Courtesy Dr. Debbie Obatoki

5 BRAIN BOOST FOOD

WITH HELPFUL HINTS

3. Nuts and Seeds- fabulous source of vitamin E, protein, complex carbohydrate, dietary fibre and omega 3 & 6 essential fatty acids.

Omega 3's help reduce inflammation which improves the capillaries and blood vessels in the brain. Lowering inflammation and oxidative stress with essential fatty acids enhances blood flow to your mind, enabling your mind to concentrate, retain and recall knowledge.

Eg. Almonds, Brazil, cashew, chia seed, flaxseed (linseed), hazelnut, LSA (ground linseed, sunflower seed + almond), macadamia, natural nut butter, pecan, pepita (pumpkin seeds), pine nut, pistachio, poppy seed, sesame seed, sunflower seed, tahini and walnut.

5 Brain Boost Foods Courtesy Dr. Debbie Obatoki

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4. Avocado- Avocados help keep your blood sugar levels balanced. Balanced blood sugar levels are essential for optimum brain functioning. It also contains vitamin K and folate which helps improve memory, concentration and all other aspects of cognitive function such as attention, memory judgment and evaluation, reasoning, problem-solving, decision making and comprehension.

5. Blueberries – contains vitamins and brain-boosting antioxidants which may prevent memory loss, dementia and cognitive decline, especially in older adults

6. Fish oil tablets – for those not able to get all the nutrients from food

7. Green vegetables – vit k, folate, Retain carotene

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5 BRAIN BOOST FOOD

WITH HELPFUL HINTS

For babies – breast milk remains the best food source and adult diet can be introduced gradually as recommended based on age of the child.

Remember to eat everything in moderation. A serving of nuts is just a handful of mixed nuts.

Great from the 5 groups. Small portions to nourish your body .

5 Brain Boost Foods Courtesy Dr. Debbie Obatoki

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This month's guest speaker is
Women and Children's Health
Specialist -Dr. Debbie Obatoki

February ASELearn with the
Laureates (ASEL) - online

Topic: Nutrition and Education

Saturday Feb 22 @ 10:00 AM (CET)

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