

72 Anti-Aging Foods

Can *what* you eat really impact how you age? While no one can predict exactly how long they'll live, you can increase the quality of your life and health by making smarter diet and lifestyle choices. By eating a nutrient-dense diet you can not only slow the aging process so you look and feel younger, you can also stave off, if not completely prevent, age-related diseases.

Introduction

From the minute we're born we start to age, that's the reality. But when we're young, aging is something we look forward to: we can't wait to be old enough to stay up later, get our license, and grow breasts and facial hair so we look like adults. And then we actually *become* adults and for a time, we barely notice that we're aging. And then one day it happens...

We hit middle age.

And now the fact that our bodies are aging doesn't feel (or look) too good. We develop fine lines, our hair starts to gray and thin, we have new aches and pains that we remember our parents and grandparents complaining about. Our doctor tells us our blood pressure is too high and so is our cholesterol, and if we don't watch it we may become diabetic!

How did this happen? How did we go from being 25 and full of youthful energy to being 45 with prescription bottles lined up on the bedside table? We made choices, and many of them weren't very healthy ones. We got busy raising kids and trying to get promotions and we started taking shortcuts with our health. We started having less time for yoga classes and pickup basketball games and decided it was okay to eat packaged foods instead of nutritious whole foods.

The good news is, the human body can be very forgiving. Though you may look in the mirror and see a tired person who looks older than she is... though you may already have signs of arthritis and diabetes... and though you barely have enough energy to get through your day, by making some changes to your diet and incorporating the foods on this list, you can reverse the effects of aging and keep them at bay.

This exclusive guide will become an invaluable resource as you focus on supporting your body and giving it the nutrients it needs to function optimally. It is divided into two easy to read sections. The first section covers the reasons why the foods on this list work. The second section lists the foods themselves, along with a description of each and an explanation of how they help you age gracefully.

As always, please consult with your physician before making any changes to your diet or medications you may be taking. The information in this guide is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions.

Why These Foods Work

The foods on this list work because they contain nutrients that have been shown to prevent the degeneration normally associated with aging. Whether it's fighting free radicals that can damage to skin and other organs, supporting brain function or fighting inflammation, these nutrients are beneficial at every stage of life.

Let's take a look at some of the main ones these foods contain:

Antioxidants

As we age, it becomes more difficult for our bodies to protect themselves against harmful free radicals. These unstable oxygen molecules are created by the thousands in every cell in our body every single day. We are also exposed to free radicals from our environment through tobacco smoke, air pollution and even ultraviolet radiation. If left unchecked, these free radicals damage cells and this process, called oxidative stress, causes age-related degenerative diseases including mental decline.

Antioxidants, such as **vitamin C, beta-carotene, and selenium** protect our cells from oxidative stress. There are a few antioxidants that are particularly beneficial to our bodies as we age:

- **Flavonoids**

You've most likely been told to eat more colorful foods, and that is because colorful fruits and vegetables contain high amounts of flavonoids which reduce inflammation and increase the number of connections between neurons. They have also been shown to disrupt the development of amyloid plaques that clog the brains of Alzheimer's patients.

- **Vitamin E**

Vitamin E is a powerful free radical fighter that prevents cell damage throughout the body. Studies have found that vitamin E has the ability to delay the progression of mild to moderate Alzheimer's disease. One particular type of vitamin E called tocotrienol, found naturally in palm oil, may even protect the brain from developing lesions.

Vitamin E provides protection against free radicals and premature aging caused by sun damage and environmental pollutants. It also works with vitamin C to help reconstruct collagen and keep your skin youthful and able to retain moisture and firmness.

- **Vitamin C**

Vitamin C is imperative to the production of collagen and cellular renewal. In fact, a study that appeared in the American Journal of Clinical Nutrition in 2007 found that people who ate foods rich in this vitamin had fewer wrinkles than those who didn't.

Vitamin C is also good for heart health and can help in the fight against keeping cancer at bay.

- **Vitamin A**

This vitamin plays a major role in cellular renewal and healthy skin. It also plays an essential role in healthy vision, and may slow declining retinal function in people with retinitis pigmentosa.

B Vitamins

B vitamins play an important role within the folate cycle. In this cycle B vitamins, especially B12, assist the proteins we eat into metabolizing and modulating into our bodies' building blocks – building blocks like neurotransmitters and DNA.

Studies have also suggested that vitamin B6 may reduce the risk of developing cognitive impairment in older healthy people and improve cognitive functioning in people suffering from dementia.

B9, also called Folic acid, is critical for optimal brain function and plays an important role in mental health. It assists in the production of DNA and RNA, the body's genetic material. It also works with vitamins B6 and B12 to control the levels of the amino acid homocysteine, which has been recognized as a risk factor for heart disease and Alzheimer's.

Omega-3 Fatty Acids

For our memory to function smoothly, our brain cells must be able to “communicate” quickly and easily with one another. As previously mentioned, as we age, our nerve cells shrink causing nutrient-rich blood supplies to the brain to decline. In this state the brain produces smaller quantities of critical messenger chemicals called neurotransmitters. This causes communication between cells to become encumbered and our memory skills take a hit.

Omega-3 fatty acids, especially docosahexaenoic acid (DHA), have been found to promote the efficient electrical signaling between nerve cells, reduce inflammation, and even appear to improve mental concentration and fight memory loss.

A study published in *Neurology* in 2014 reported that researchers found postmenopausal women who had increased levels of the omega-3 fatty acids EPA and DHA in their blood, *also* had larger brain volumes. This is an incredibly significant finding because smaller brain volume has been linked to Alzheimer’s disease as well as the effects of normal aging. Our bodies cannot manufacture omega-3 fatty acids so it’s important that we obtain them from our food.

A study conducted by the [University of Bristol](#), as well as another published in [Nutrition & Metabolism](#), found that omega-3 fatty acids can help in the battle against osteoarthritis, a chronic, prevalent, and debilitating disease. The studies revealed that Omega-3s reduce inflammation in the body and increase bone mass density, two big issues as we age.

Amino Acids/Protein

Starting in our mid to late 30s, we all begin to lose muscle mass and function, a condition known as age-related sarcopenia. People who are physically inactive can lose as much as 3% to 5% of their muscle mass per decade after age 30. And even if you *are* active, you’ll still lose some muscle mass. Loss of muscle means a drop in metabolism and inevitable weight gain.

This is why it’s important not only to take part in muscle building exercises, but also to make sure you eat sources of protein that are loaded with amino acids that build muscle as well as help to promote beautiful hair, skin and nails.

Let’s take a look at some of the most critical amino acids your body requires as it ages:

- **Creatine**

Creatine stimulates collagen production which allows our skin to connect more moisture and become thicker and smoother. Creatine is actually produced from the amino acids arginine and methionine. Creatine provides our cells with energy and supports the regeneration of cells and connective tissue.

- **Lysine**

Lysine is a building block of protein and as such, is essential for proper growth. It plays an important role in the production of carnitine which is a nutrient responsible for converting fatty acids into energy and lowering cholesterol. Lysine also helps our bodies absorb calcium and helps us form collagen.

- **Glutamine**

Glutamine is the most common amino acid found in our muscles. In fact, over 61% of skeletal muscle is Glutamine. It plays a major role in protein metabolism and increases our ability to secrete Human Growth Hormone, which helps our body to metabolize fat and support new muscle growth.

Glutamine also regulates the acid-base balance and firms the skin, supporting the regeneration of skin cells.

72 Anti-Aging Foods

Olive Oil

Description:

Extra Virgin Olive Oil, or EVOO for short, is loaded with polyphenols, which are powerful antioxidants that are capable of reversing age- and disease-related learning and memory deficits.

Why it Works:

Olive oil also contains healthy fats, which the brain needs to function properly, and vitamin E, another critical antioxidant.

Yogurt

Description:

Here's an interesting historical yogurt fact... Back in the 1970s, Soviet Georgia was reported to have more centenarians per capita than any other country in the world. The belief was that the secret to their long lives was yogurt, a food that made up a big part of their diet.

Why it Works:

Yogurt contains beneficial protein and is rich in calcium which helps stave off osteoporosis. It also contains "good bacteria" which helps maintain gut health and decrease the onset of age-related diseases.

Celery

Description:

In addition to well-known antioxidants like vitamin C and flavonoids, celery contains at least a dozen other types of antioxidant nutrients which all help to fight the free radicals that can cause damage to the brain. Celery is also one of the richest sources of luteolin, a plant compound that calms inflammation in

the brain which scientists believe is a primary cause of neuro-degeneration. Luteolin can prevent the onset of degenerative diseases in the brain.

Why it Works:

Just one 3.5 oz serving of celery contains 74 mcg of vitamin B6, 36 mcg of B9 (folate), 3.1 mg of vitamin C, and 270 mcg of vitamin E.

Dark Chocolate

Description:

Not only is dark chocolate delicious, it also helps to boost your brain power. It's a rich source of fiber, iron and magnesium, but most importantly it contains flavonols, which improve blood flow to the brain and aid cognitive function and memory.

Why it Works:

Dark chocolate is also an extremely powerful antioxidant. In fact, studies have shown that a serving of dark chocolate contains more antioxidants than even blueberries and Acai berries.

Concord Grape Juice

Description:

Want the benefits of polyphenols found in red wine but don't want to or can't drink alcohol? Have a glass of Concord grape juice instead. Researchers are finding that these polyphenols improve communication between brain cells, improve spatial memory and verbal learning skills.

Why it Works:

One glass of grape juice per day can help increase blood flow to the brain, decrease inflammation and improve cognitive abilities.

Garlic

Description:

Recent studies have shown garlic may have the ability to stave off certain forms of brain cancer. The organosulfur compounds in garlic actually kill malignant tumor cells. So, eat more of it. Your friends and family may not appreciate your breath, but they'll appreciate your brain is healthy.

Why it Works:

Besides the amazing benefits of the compounds, garlic also contains vitamin C, good for the skin, and vitamins B6, selenium and B1, all of which promote optimal cognitive function.

Beets

Description:

Beets are a rich source of vitamin C and vitamin B6. Studies have also suggested that a daily dose of beet juice increases blood flow to the brain which potentially creates a safeguard against dementia as we age.

Why They Work:

Besides high levels of vitamins C and B6, beets contain high levels of nitrates which the body converts into nitrites. These nitrites help to open up blood vessels and increase blood flow to the brain, especially the frontal lobe, which is an area most commonly associated with dementia and other cognitive conditions.

Clams

Description:

Whether you eat littlenecks, cockles, razors or plain ol' steamers, clams are a delicious source of protein that you can eat plain, in chowder (or chowda – depending on where you live) or in a salad.

Why They Work:

Besides being high in protein so you get all of those beneficial amino acids, clams also contain selenium, zinc, iron, magnesium and essential B vitamins like niacin.

Spinach

Description:

Those bright green spinach leaves are not only pretty to look at, but are packed with vitamins and nutrients that boost brain power. For instance, spinach is high in vitamin C – a powerful antioxidant, as well as rich in vitamins B1, B2, B3, B6, Selenium, omega-3 fats and vitamin E.

Why it Works:

Besides being loaded with some of the most important brain-boosting nutrients, spinach, like beets, has nitrates which open up your blood vessels and get the blood flowing to your brain preventing, or at least slowing, cognitive degeneration.

Eggs

Description:

Whether you like them sunny-side up or scrambled, eggs contain healthful benefits. So much attention has been given to the myth that cholesterol is a bad fat, but without a doubt, it is an excellent fat for your brain. Cholesterol actually supports the membranes of neurons helping them to stay in shape – literally.

Why They Work:

Besides supportive cholesterol, eggs also contain DHA, an omega-3 fatty acid that helps create connections between the brain's neurons and also fights inflammation throughout the body. Oh, and eggs also contain beneficial choline and vitamin E.

Rooibos Tea

Description:

While technically not a tea, the infusion made from oxidized rooibos leaves is commonly referred to as rooibos tea and has been traditionally brewed and enjoyed in South Africa for generations. This healthful beverage has no caffeine and only half the tannins of other teas.

Why it Works:

During the 1960s, Japanese scientists discovered Rooibos contains a powerful antioxidant similar to superoxide dismutase (SOD), the body's most powerful antioxidant enzyme which is thought to retard aging. Rooibos also contains quercetin which is believed to have potent anti-inflammatory properties, and aspalathin, which counteracts the atherosclerotic processes that lead to heart disease.

Grass-Fed Cows' Milk

Description:

It's not very often you'll see milk at the grocery store with the label "100% grass-fed cow's milk." This milk comes from cows who have grazed in pasture year-round rather than being fed a processed diet for much of their life. Grass feeding is significant because it greatly improves the quality of the milk.

Why it Works:

Grass-fed Milk is very rich in omega-3 fats, vitamin E, beta-carotene and CLA, which is another beneficial fatty acid. It's also an excellent source of vitamin B2, vitamin D, and vitamin B12. And of course it's an excellent source of protein and calcium.

Strawberries

Description:

These bright red berries with the little seeds outside are a favorite among the old and young alike. Their sweetness lends itself to fruit salads, smoothies, pies and jams. One of the most popular fruits in this country, strawberries are one of the most nutrient dense fruits you can eat.

Why They Work:

Strawberries contain a significant amount of the antioxidant vitamin C which has been found to reduce the risk of cognitive degeneration and help in the formation of collagen. Strawberries also contain flavonoids, which keep your brain neurons functioning during the aging process and enhance signaling between brain cells.

Sweet Potatoes

Description:

We've discussed the importance of antioxidants in brain health, skin rejuvenation and protection against diseases like cancer. Well, sweet potatoes are a rich source of special antioxidants called carotenoids

which protect the cells from damage. Carotenoids also help to form vitamin A, which is important in the formation of collagen as well as new neurons and neural pathways.

Why They Work:

One medium sweet potato contains 214% of the recommended daily volume of vitamin A, 52% of vitamin C, 34% of vitamin B6, and roughly 17% of vitamins B1, B2, and B3.

Apples

Description:

An apple a day doesn't just keep the doctors away, it keeps your brain sharp. You see, apples, like rooibos tea, contain that powerful antioxidant called quercetin, and according to a study by Cornell University, quercetin protects your brain cells from free radical attacks which can damage the outer lining of delicate neurons and eventually lead to cognitive decline. If you want to ensure you leverage the power of quercetin, be sure to leave the skin on because that is where most of this amazing antioxidant lives.

Why They Work:

Besides quercetin, apples also contain 11% of the DV for vitamin C, so you're giving your body not one but two major antioxidants in a single serving.

Flax Seeds

Description:

These little seeds are a wonderful source of beneficial omega-3 fatty acids. You can incorporate them into your diet by sprinkling them on yogurt and berries or blend them up in your smoothie.

Why They Work:

Just two tablespoons of flax seeds give you a whopping 133% of your daily allowance of omega-3. You'll also get beneficial B1 and selenium.

Brown Rice

Description:

You can't spell brown without a B, and this rice is full of B-vitamins like riboflavin, which helps provide energy for your brain cells. Brown rice contains other important B-vitamins too like niacin, thiamin, and inositol for optimal cognitive skills and proper growth in the body.

Why it Works:

Brown rice hasn't been milled or polished into white rice. This process destroys 67% of the vitamin B3, 80% of the vitamin B1, and 90% of the vitamin B6. So, stick to brown rice from now on and you'll **B**-e happy and have more energy.

Bok Choy

Description:

In China, bok choy is the most popular vegetable to cook with. Yet in the United States, most people pass by it in the produce aisle, not sure what to do with it. That's too bad, because bok choy is a superfood worth getting to know.

Why it Works:

Bok choy is a rich source of B vitamins including folate, vitamin B6, vitamin B1, and vitamin B5. B vitamins are not only important for energy, but studies have shown they may also slow brain shrinkage and specifically in regions known to be most impacted by Alzheimer's disease.

How to Prepare Bok Choy:

You can treat Bok Choy the same way you do spinach. It is wonderful chopped in a salad, juiced with green apples and carrots, or sautéed in a little olive oil and garlic.

Cinnamon

Description:

One of the best smelling and tasting spices in the world just got better! Studies have revealed that certain compounds in cinnamon - proanthocyanidins and cinnamaldehyde – may have the ability to inactivate certain proteins in the brain that cause cells to die.

Why it Works:

Besides the amazing benefit described above, cinnamon also offers another brain benefit. You see, when eaten, cinnamon is converted into sodium benzoate in the body. This conversion process induces significant increases in the levels of various chemicals in the brain called neurotrophic factors. These factors in turn stimulate the birth of new neurons in the brain.

Cranberries

Description:

Many people only eat cranberries around the holidays, but they have so many health benefits you may want to start eating them on a regular basis. For instance, recent research has found that the ursolic acid in cranberries not only has anti-cancer effects, it may also protect brain cells from injury or degeneration.

Why They Work:

Cranberries contain compounds called anthocyanins which provide unique antioxidant and anti-inflammatory properties. They also contain healthful vitamins C and E to help promote youthful skin, hair and nails.

Honeydew Melons

Description:

They are a staple in the classic fruit cocktail and for good reason: honeydew melons contain B vitamins thiamin and niacin which not only increase your energy levels, but also remove toxins from the body and in turn, boost brain health. These B vitamins are also known to prevent degenerative diseases like dementia and Alzheimer's.

Why They Work:

This juicy melon also provides plenty of Vitamin C, vitamin B6, and folate, all known to support brain health and help the body utilize energy efficiently.

Coconut Oil

Description:

It may be incredibly hard to get open, but once you do, there are amazing nutrients inside the coconut that decrease inflammation, and inflammation has been linked to the onset of cognitive degeneration.

Why it Works:

You may not know this but your brain is made up of 60% fat. Studies have shown low levels of fat (the good kind) in our food can lead to depression, dementia and Alzheimer's. While the fat in coconut is not omega-3, but rather a medium chain fatty acid, incorporating coconut oil into your diet can support the health of your brain and metabolism, and assist in weight loss. Oh, and coconut oil is wonderful for keeping your skin soft and youthful.

Lobster

Description:

Eating lobster is a delicious way to up your protein intake. In fact, eating just 3 ounces of cooked lobster will give your body 16.2 grams of protein. This is 32% of the daily value for protein.

Why it Works:

Besides being an excellent source of protein, lobster also offers zinc, copper (helps form new red blood cells), selenium (protects against free radicals) and B-12 (forming new DNA). Lobster is also an excellent source of phosphorous which is key in forming strong bones.

Grass-Fed Cheese

Description:

When produced from 100% grass-fed milk, this cheese is not only exceptionally delicious, but it also contains a perhaps surprising amount of nutrients.

Why it Works:

Besides being a rich source of protein and calcium for strong bones and muscles, grass-fed cheese also contains vitamins A, D, E, and K. These cheeses also contain all of the B-complex vitamins as well as

selenium, zinc, and beta-carotene. But wait, there's even more good news – grass-fed cheese is also a super source of omega-3s and CLA.

Chili Peppers

Description:

Ah chili peppers, those plants that can make grown men weep with their heat. Eating them is a culinary adventure for sure. You may be surprised to hear that this incredibly spicy vegetable has some amazing health benefits.

Why They Work:

A half-cup of chopped or diced chili peppers delivers 107.8 mg of vitamin C. Plus, researchers from the University of Buffalo found that capsaicin, the compound that makes chili peppers hot, may help relieve joint and muscle pain. Capsaicin has also been shown to fight inflammation.

Bell Peppers

Description:

Bell peppers are loved by many for their crunchy texture and tangy taste. They also happen to be beautifully shaped like a bell and they come in a variety of vivid colors. Did you know that paprika is the dried powdered form of bell pepper? Though you only find red paprika in the spice section of your grocery store, it can actually be made from any color of pepper.

Why They Work:

While bell peppers are rich in carotenoids, powerful antioxidants, they are also an excellent source of vitamin C (actually twice as much as you'll even find in an orange!) as well as vitamin E. And, along with these two conventional antioxidants, bell peppers are also a source for another great one – manganese.

Papaya

Description:

When you think of papaya's soft, buttery flesh and sweet and juicy flavor, you realize immediately why Christopher Columbus called it "fruit of the angels." These exotic fruits can luckily be found year-round in most grocery stores.

Why They Work:

Papayas are an excellent source of antioxidants such as carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals, potassium, copper, and magnesium. This powerful combination of nutrients is known to promote the health of the cardiovascular system and also provide protection against colon cancer.

Brussels Sprouts

Description:

Brussel sprouts are the little cousins to broccoli and cabbage. In fact, when you really look at them, you'll see they resemble miniature cabbages. They are typically green in color, though they can also be found in red hues. Sweet, nutty and delicious, these tiny vegetables are packed with anti-aging nutrients.

Why They Work:

Brussel sprouts are loaded with vitamins A, C and K. They are also an excellent source of folate, manganese, vitamin B6, choline, copper, vitamin B1, potassium, phosphorus, and omega-3 fatty acids. And, as if those weren't enough reasons to start eating more of them, sprouts also contain numerous disease-fighting phytochemicals including sulforaphane, indoles, glucosinolates, isothiocyanates, coumarins, dithiolthiones, and phenols.

Pineapple

Description:

As far as America's favorite tropical fruit, pineapples come in second only to bananas. These sweet and tart and incredibly juicy fruits are luckily available all year round in most local markets.

Why They Work:

Pineapple is an excellent source of vitamin C and manganese. It is also a very good source of copper and a good source of vitamin B1, vitamin B6, dietary fiber, folate, and pantothenic acid. On top of these

nutrients, Pineapple's core contains bromelain, a digestive enzyme that has been found to fight inflammation and aids in the treatment of cancer.

Kiwi

Description:

You have to wonder who was the first person to ever eat a kiwi? I mean, who was it that looked at that little fuzzy brown oval thing and said, "I'm gonna try eating that." Whoever it was, we thank you from the bottom of our stomachs because these pretty green fruits with the tiny black seeds are not only delicious but packed with beneficial nutrients.

Why They Work:

Kiwi is an excellent source of vitamins C and K as well as a very good source of copper and dietary fiber. These little green gems are also a good source of vitamin E, potassium, folate, and manganese.

Mango

Description:

Did you know that mangoes are commonly called "the king of fruits?" Most likely this is because of their sweet and luscious taste that is sometimes indescribable. Beyond their delicious exotic taste, mangoes should be in all of our kitchens because they offer incredible anti-aging benefits.

Why They Work:

Mangoes are a rich source of vitamin C and A, and both of these play key roles in maintaining good vision and repairing damaged, aging skin.

Oranges

Description:

You gotta love oranges if for no other reason than they are so gosh darn versatile (and portable). You can squeeze them for juice or eat them as is, add slices to salads and juice to marinades and salad dressings. They also happen to taste absolutely delicious.

Why They Work:

Well let's start with the obvious – they are packed with vitamin C and you already know this vitamin is an important antioxidant that will help your body fight free radicals. You also know vitamin C helps your body produce collagen and that becomes incredibly important as we age.

Seaweed

Description:

At one point in time, Americans couldn't imagine eating seaweed. We only knew it as that green slimy stuff that feels weird when we step on it or it brushes up against our leg at the beach. Then sushi became a hit in this country and we saw how versatile and delicious this sea vegetable can be.

Why it Works:

Seaweeds are a powerful source of protein and this particular protein contains all of the essential amino acids such as glycine, alanine, arginine, proline, glutamic, and aspartic acids. In algae, essential amino acids (EAAs) represent almost a half of total amino acids and their protein profile is close to the profile of egg protein.

Onions

Description:

It's hard to imagine a world without onions. Just the smell of them sautéing on the stove can send many of us into ecstasy. Like its cousin, garlic, onions are an allium vegetable and have also been shown to offer important anti-inflammatory benefits.

Why They Work:

Onions are a rich source of flavonoid polyphenols, particularly a large amount of quercetin. They are a very good source of biotin, manganese, vitamin B6, copper, vitamin C, dietary fiber, phosphorus, potassium, folate, and vitamin B1.

Walnuts

Description:

Walnuts not only taste great but are incredibly beneficial for your brain and entire nervous system. They are a rich source of those hard to find omega-3 fatty acids as well as vitamin E, which has been shown to protect the brain from free radicals.

Why They Work:

Just 30 grams of walnuts contain 113% of the daily recommended allowance of omega-3 fats. One ounce of walnuts provides .73 milligrams of vitamin E, which equals about 5% of your recommended daily allowance.

Chia Seeds

Description:

These tiny little seeds pack a lot of power. They are high in protein and a rich source of omega-3 fatty acids which keep your brain in optimal health. They are also full of antioxidants which keep the destructive oxidative process at bay.

Why They Work:

One of the most important omega-3 fatty acids in chia seeds is alpha-linoleic acid (ALA). Studies suggest that ALA decreases inflammation which is a leading cause of stroke and dementia.

Goji Berries

Description:

Goji berries can either be eaten raw, made into a juice, brewed for a tea, or processed for supplements. These tiny red berries help protect brain cells from harmful toxins, boosts memory, and guard against the formation of compounds found in the brains of Alzheimer's patients.

Why They Work:

Goji berries contain high levels of ascorbic acid – a precursor to vitamin C, and also significant amounts of beta-carotene, lutein, zeaxanthin, polysaccharides, beta-sitosterol, hesperidin, nicotinic acid and vitamins B1, B2 and E.

Leeks

Description:

Leeks are the cousins to onions and have a sweeter and more delicate flavor so you can add them to a variety of recipes and not worry about having an overpowering “onion-y” taste.

Why They Work:

Leeks contain an impressive amount of polyphenols, especially the flavonoid kaempferol. The sulfur found in leeks is believed to support our body's antioxidant and detox systems as well as the formation of our connective tissue. Leeks are also an excellent source of vitamins K, C, A, E, and B6, copper, iron, and folate, calcium and omega-3s.

Plums

Description:

One of the unique things about this juicy sweet fruit is that there are numerous varieties available. Not only do over 2,000 varieties of plums exist, but over 100 are available in the United States alone. So, if you are looking for a sweet treat that packs a lot of health benefits, plums may be for you.

Why They Work:

Plums contain a unique antioxidant with the ability to neutralize a particularly harmful kind of free radical. They also contain a significant amount of tryptophan that increases the level of serotonin in your body. Serotonin not only elevates your mood, it assists in problem solving skills. And finally, plums are loaded with antioxidants that help protect your brain's cells from free radical damage.

Black Beans

Description:

Also known as Turtle Beans (because of their shiny black shell appearance), black beans are not only rich in flavor and texture, but also in the nutrients they offer.

Why They Work:

These delicious little beans are packed with antioxidant and anti-inflammatory phytonutrients. They contain powerful flavonoids such as delphinidin, petunidin, malvidin, Kaempferol and quercetin. These

beans also contain a good amount of omega-3s and alpha-linolenic acid (ALA), as well as copper, manganese, vitamin B1, phosphorus, protein, magnesium, and iron.

Turmeric

If you love Indian or Thai food, you'll love hearing that turmeric, the spice that gives curry its color, can actually help the body to regenerate new brain cells. Curcumin, which is a chemical within turmeric, stimulates this new cell growth, boosts memory, and calms inflammation within the brain. Studies have shown inflammation is the primary cause of dementia and Alzheimer's.

Why it Works:

Turmeric is also a good source of vitamin B6 and is a powerful antioxidant that counteracts oxidative stress in the body.

Where to Find it:

You should be able to find turmeric in large supermarkets or Indian grocery stores. If, however, you're interested in buying organic, ground turmeric, you may have to head online and order. Amazon is a great site that offers a wide selection of organic turmeric at fair prices.

How to Use it:

Although it's an exotic spice, it's very easy to add turmeric to your diet. Adding a pinch to your scrambled eggs and rice dishes will give them a wonderful pop of color and fragrance. Turmeric also pairs wonderfully with vegetables. Try roasting cauliflower with olive oil and turmeric, or sprinkling some into your sautéed spinach. You can even make a healthy and delicious tea by simmering turmeric with milk and honey.

Oily Fish

Description:

By now you know omega-3 fatty acids are incredibly important for brain health and you won't find a better source than oily fish such as salmon, trout, sardines, and mackerel. These types of fish contain the fatty acids EPA and DHA, which are in a ready-made form so the body can use them easily and quickly.

Why They Work:

Besides being a wonderful source of omega-3, oily fish are a rich source of B vitamins and selenium which fight free radicals and help build neurotransmitters in the brain.

Broccoli

Description:

You may have turned your nose up to it as a kid, but hopefully you enjoy this cruciferous vegetable now as it is a rich source of choline, a B vitamin known for its role in brain development. Broccoli also contains high levels of the super antioxidant vitamin C and flavonoids kaempferol and quercetin, all necessary for superior brain function. Broccoli also offers beneficial amounts of vitamin E which helps skin to repair and regenerate.

Why it Works:

Perhaps even more amazing is that broccoli is a source of lignans, a phytoestrogen compound that has been shown to benefit cognitive skills. Other studies have shown broccoli is also high in glucosinolates. This group of compounds can stop the decline of the neurotransmitter, acetylcholine, which is necessary for the central nervous system to perform properly.

Cauliflower

Description:

Like its green cousin broccoli, cauliflower is rich in *Choline*, the B vitamin that boosts the brain's cognitive function, meaning it can improve our ability to memorize and learn.

Why it Works:

Just 1 cup of cooked cauliflower contains 73% of the daily recommended allowance of vitamin C, 14% of folate, 12% of vitamin B6, 11% choline, 9% omega-3 fats, 5% of vitamin B2, 4% of vitamin B1, and 3% of vitamin B3.

Liver

Description:

Though they fell out of favor for a while, animal organs from grass-fed animals are some of the most nutrient-rich foods on the planet. Loaded with vitamins, minerals, amino acids and other compounds vital to your health, eating liver once a week can do wonders for your anti-aging goals.

Why it Works:

Liver is loaded with B-complex vitamins including B12 and folate (folic acid), Choline (another B vitamin critical to cell membrane health, brain and nerve function, heart health, and prevention of birth defects), CoQ10 (necessary for energy production and cardiac function; potent antioxidant), omega-3s, vitamin E (tissue repair, healing, deactivation of free radicals, slowing aging), and amino acids (building blocks of the body).

NOTE: We strongly encourage you to not eat any organ meat from animals raised in confined feeding operations that have been fed poorly and been given antibiotics, as their organs will most likely not be healthy.

Blueberries

Description:

What's blue and round and incredibly delicious? Oh, and good for your brain as well? Why, it's blueberries of course! The latest scientific research is suggesting that the compounds in blueberries known as flavonoids may have the ability to improve memory, learning and cognitive function in general. Blueberries may even protect against degenerative diseases like Alzheimer's and Parkinson's.

Why They Work:

Blueberries have one of the highest levels of antioxidants among all fruits and vegetables which are essential in preventing cellular damage in the brain and other organs – skin being your largest organ.

Tomatoes

Description:

Lycopene is another powerful antioxidant that has been shown to protect against free radical damage that can lead to dementia and Alzheimer's. Tomatoes are an excellent source of lycopene and delicious to boot.

Why They Work:

Besides lycopene, tomatoes boost your brain power with vitamin C, B-complex vitamins, vitamin E, and choline.

Blackcurrant

Description:

Blackcurrants contain high levels of powerful micronutrients, even compared to other "superfood" berries. They contain three times more vitamin C than oranges – and natural phenolic compounds, notably anthocyanins. This is an incredible combination which promotes an anti-inflammatory effect and brain health.

Why They Work:

Blackcurrants also contain B1, B2, B3, B5, B6, and vitamin E. Add to this the fact they are incredibly delicious and you have a good reason to add them to your diet.

Leafy Greens

Description:

Leafy greens like spinach, kale and collard greens are loaded with vitamin C which protects your brain from oxidative damage. While all antioxidants from plant sources are good for you, a Harvard Medical School found that women who ate leafy greens lowered their brain age by 1 to 2 years. Leafy greens also contain plant compounds called carotenoids, which are extremely powerful brain protectors.

Why They Work:

Leafy greens such as collard greens contain not only vitamin C, but also choline, multiple B vitamins, vitamin E and omega-3, all brain boosting nutrients.

Avocado

Description:

Fleshy avocados are a wonderful and delicious source of vitamin E. Research has shown that people who consume moderate amounts of vitamin E from food and not supplements lowered their risk of Alzheimer's disease by 67%.

Why it Works:

1 cup of chopped avocado contains 21% of the DRV of vitamin E, 23% of vitamin B6, and 20% of vitamin C.

Almond Butter

Description:

If you like peanut butter you may want to consider swapping it out with almond butter as a way to prevent age-related memory loss. Almonds contain high amounts of vitamin E which has been proven to reduce the risk of cognitive impairment.

Why it Works:

Almond butter contains three times the amount of Vitamin E than peanut butter. For an easy and delicious snack you can spread a teaspoon of almond butter over sliced apples.

Pecans

Description:

You may be surprised to learn that pecans are not actually a nut, but what is called a drupe (horrible name), which is a fruit with a single stone or pit, surrounded by a husk. Call them what you'd like, pecans are delicious. Is it coincidental that this "nut", which is shaped like a brain, is actually *good* for your brain? Turns out... no.

Why They Work:

Pecans are a good source of vitamin E, and elevated levels of vitamin E in our bodies can help reduce the decline of cognitive function as we age. In addition, pecans are an excellent source of omega-3 fatty acids which support brain function and prevent depression.

Blackberries

Description:

Sweet, succulent blackberries are a delicious treat in the summer in many northeastern states. They grow on brambles and bears happen to love them. Smart bears. They most likely got that smart from eating these brain-boosting-berries.

Why They Work:

Blackberries contain high amounts of antioxidants which help protect brain cells from oxidative damage. Studies have shown these berries can prevent inflammation that often leads to brain cell damage. Even more significant, these berries contain nutrients called anthocyanins which have been found to reverse age-related neurological deficits.

Eggplant

Description:

There's just something about an eggplant. Long prized for their deeply purple and glossy beauty, as well as for their unique taste and texture, eggplants are now available year-round in most markets throughout the country, but they are at their very best from August through October when they are in season.

Why They Work:

Researchers have discovered an anthocyanin phytonutrient in eggplant skin called *nasunin*. Nasunin is a very powerful antioxidant and free radical scavenger that protects cell membranes from damage. Along with this, eggplants also contain brain healthy nutrients like vitamin B1, B3, B6 and folate.

Green Tea

Description:

Your friends and family will be *green* with envy when your brain starts remembering more than theirs. Studies have shown people who drink green tea before a cognitive-functioning test performed significantly better than those who drank a placebo. Green tea improves brain plasticity which allows brains to learn faster.

Why it Works:

Green tea is chock full of flavonoids that bind to cell membranes and prevent damage from free radicals. Drinking a cup or two a day can help your brain age gracefully.

Pomegranate Juice

Description:

Pomegranates are filled with antioxidants that protect your brain and other vital tissues and organs from free radicals that can eventually cause degeneration. Numerous studies have also found pomegranates to have vascular benefits – so you'll get more oxygen-rich blood to your brain.

Why it Works:

One glass of pomegranate juice has more flavonoids and polyphenols than red wine, green tea, blueberries or cranberries.

Asparagus

Description:

Asparagus is a delicious spring vegetable that is rich in folic acid. Folic acid is essential for the metabolism of the long chain fatty acids in your brain. Asparagus also contains folate which, in combination with B12, helps stave off cognitive impairment.

Why it Works:

Besides a high concentration of folate, 1 cup of asparagus also provides beneficial vitamin C, multiple B vitamins, selenium, choline, and vitamin E.

Tuna

Description:

If your mom fed you tuna sandwiches as a kid send her a thank you card immediately. Tuna not only contains a significant amount of omega-3s, it also has the highest level of vitamin B6 of any food. B6, you may *remember* (that's a hint) is directly linked to memory, cognition and long term brain health.

Why it Works:

A 4 ounce serving of yellowfin tuna has 223% DV of selenium, 156% of vitamin B3, 111% of vitamin B12, 69% of vitamin B6, 21% of choline, and 13% of B1 and B2.

Bananas

Description:

You're going to go bananas when you hear this: Getting adequate amounts of vitamin B6 into your diet can help improve your cognitive function - and bananas just happen to provide about .5 mg of vitamin B6. Bananas also contain tryptophan which the body converts into serotonin, so your mood gets a boost as well.

Why They Work:

Beyond vitamin B6, bananas contain magnesium which is important in your ability to focus attention. Magnesium activates an enzyme in your body that converts ammonia into urea so your body can eliminate it. Even small amounts of ammonia can hinder your ability to focus your attention. A large banana provides 37 mg of magnesium so you can focus better.

Carrots

Description:

You most likely have heard that carrots are very good for your eyes, but studies have now determined they are also very good for your brain. One of the most beneficial nutrients in carrots is a compound called luteolin which, according to recent studies, could reduce age-related memory problems and inflammation in the brain.

Why They Work:

Carrots are an excellent source of vitamin A (in the form of carotenoids). In addition, they are a very good source of biotin, vitamin K, dietary fiber, molybdenum, potassium, vitamin B6, and vitamin C. They are a good source of manganese, niacin, vitamin B1, pantothenic acid, phosphorus, folate, copper, vitamin E, and vitamin B2. These are all nutrients that are incredibly beneficial for brain function and skin cell rejuvenation.

Cherries

Description:

Sweet and tart cherries are an excellent source of flavonoids, antioxidants and vitamins A, C, and E. Together these protect the cells in your brain from being damaged from free radicals which lead to degenerative brain diseases such as Parkinson's and Alzheimer's.

Why They Work:

The key to this fruit's brain benefits lie in the skin and pigmentation, which is where antioxidants called anthocyanins are found. A study done at Michigan State University found that the antioxidant activity of tart black cherries is greater than that of Vitamin E.

Grapefruit

Description:

There's just something about a grapefruit that can hold our attention, and our taste buds. A little tart, a little tangy, a little sweet, grapefruit is its own kind of delicious with some incredible health benefits.

Why it Works:

Besides being an excellent source of vitamin C, grapefruit also provides beneficial amounts of vitamin A as well as copper, potassium, biotin, and vitamin B1. Grapefruit also contains phytochemicals including limonoids and lycopene.

Grass-Fed Beef

Description:

Most of the beef consumed in this country comes from cows that have been fed conventional grain feed. When we eat this beef it throws our omega 3:6 ratios way off and sets us up for disease. But studies have revealed the very large difference in carotenoid content between conventionally-fed and grass-fed beef.

Why it Works:

Besides being an excellent source for protein, grass-fed beef contains twice the amount of beta-carotene and lutein (great for the eyes), and is rich in vitamin B12, niacin, vitamin B6, selenium, zinc, and phosphorus. It is also a good source of choline, pantothenic acid, iron, potassium, and vitamin B2.

Free Range Chicken

Description:

Q: Why did the chicken cross the road?

A: Because it was free range and could go wherever it wanted.

Okay so while my joke may not do anything for your health, chicken sure will. More often than not bodybuilders reach for this famous white meat because it provides such a high protein content, with amino acids like cysteine and methionine, as well as branched chain amino acids leucine, isoleucine, and valine. These are important for support of cardiac and skeletal muscle.

Why it Works:

What you may not know is that chicken also contains all of the B vitamins including B2, B3, B5, B6, B12, folate, biotin, and choline. Chicken is also a rich source of zinc, copper, phosphorus, magnesium, and iron.

Tofu

Description:

Tofu is old, and there's something ironic to the fact that something created in China thousands of years ago can help you reverse the signs of aging. Made out of curdled soymilk, tofu is considered more of a whole food than a processed soy food like soy protein isolate. And this jiggly food offers some real benefits.

Why it Works:

Tofu provides an array of rather unique proteins, peptides and phytonutrients. For example, tofu contains the flavonoids isoflavanoids daidzein, genistein, malonylgenistin, and malonyldaidzin. Tofu is also an excellent source of calcium for strong bones, omega-3s, iron and vitamin B1.

Green Beans

Description:

You may have always called green beans string beans. It doesn't really matter what you call them as long as they're called delicious. These beans are the only ones that can be eaten fresh, right out of the ground. They are delicious raw, boiled, baked and fried.

Why They Work:

Green beans provide high levels of vitamin K, C, E and A, and are also an excellent source of folate, vitamin B1 and B2, choline, calcium and copper.

Green Peas

Description:

Today's modern green pea was actually cultivated thousands of years ago in central Asia and the Middle East. In fact, the pea is recognized as the very first food crop to be cultivated by humans. An interesting *and* delicious vegetable.

Why They Work:

Green peas are kind of the Rodney Dangerfield of vegetables, they don't get much respect when it comes to nutritional value. But these little sweet balls of deliciousness are packed with flavanols and carotenoids. They are also an excellent source of vitamins K and C, Vitamins B1, B2, and B6, choline, protein, manganese, copper and folate.

Pears

Description:

For a lot of us, pears remind us of summer and going to your local farmer or fruit stand and picking up a bag of these very unique-tasting fruits. They are good as is and also delicious grilled. However you choose to eat them, just be sure to keep the skin on.

Why They Work:

Studies have shown that the skin of pears contains 3 to 4 times the amount of phenolic phytonutrients as the flesh. These include antioxidant, anti-inflammatory flavonoids, and potentially anti-cancer phytonutrients like cinnamic acids. Pears are also an excellent source of vitamin C and K and copper.

Quinoa

Description:

You most likely think that quinoa is a cereal grass like wheat or barley or oats, but it's not a grass at all. It actually is part of the same family as beets, Swiss chard and spinach. Who knew?!

Why it Works:

Where most typical grains are thought to be lacking in the protein department, quinoa has significant amounts of the amino acids lysine and isoleucine so it is a wonderful protein source. It also contains a host of anti-inflammatory nutrients including vitamin E, phenolic acids, and cell wall polysaccharides.

Apricots

Description:

These small golden orange fruits are so delicious and unique. They're not too juicy but just juicy enough, their skin is velvety but not too fuzzy, and the flavor is mildly sweet with just a hint of tartness. Apricots just seem to be a bit more... sophisticated than other fruits.

Why They Work:

Apricots contain a number of potent antioxidants including vitamins A and C. They are also rich in flavonoids which are known to reduce heart disease.

Cucumbers

Description:

When you think of a cucumber, you probably think of an ordinary long green thing. But cucumbers can come in a wide variety of colors, sizes, shapes and textures. Have you ever seen white, yellow or orange cucumbers? They exist and are delicious.

Why They Work:

These juicy and refreshing fruits are rich in vitamin C, beta-carotene and manganese as well as flavonoid antioxidants such as quercetin, apigenin, luteolin, and kaempferol. In animal studies, fresh extracts from cucumber have been shown to provide specific antioxidant benefits, including increased scavenging of free radicals and increased overall antioxidant capacity.

Cabbage

Description:

Cabbage are members of the food family traditionally known as cruciferous vegetables and are related to kale, broccoli, collards and Brussels sprouts. You most likely know it as that shredded stuff in coleslaw.

Why They Work:

Cabbage is an excellent source of vitamin K, vitamin C, and vitamin B6. It is also a very good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper. Additionally, cabbage is a good source of choline, phosphorus, vitamin B2, magnesium, calcium, selenium, iron, pantothenic acid, protein, and niacin.

~~~\*~~~

There you have them, 72 foods that are not only delicious and readily available, but can actually help you reverse the signs of aging and stave off degenerative diseases.

## **Resources**

### **Amino Acids**

<http://biology.clc.uc.edu/courses/bio104/protein.htm>

<http://hyperphysics.phy-astr.gsu.edu/hbase/organic/protein.html>

<http://www.aminoacid-studies.com/areas-of-use/anti-aging.html>

<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=129>

<http://umm.edu/health/medical/altmed/supplement/lysine>

### **Vitamin E**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1355132/>

### **B Vitamins**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3137939/>

<http://www.ncbi.nlm.nih.gov/pubmed/15780703/>

<http://www.ncbi.nlm.nih.gov/pubmed/14584010>

<http://umm.edu/health/medical/altmed/supplement/vitamin-b9-folic-acid>

### **Omega-3 Fatty Acids**

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>

<http://www.ncbi.nlm.nih.gov/pubmed/24453077>

### **Antioxidants**

<http://www.ncbi.nlm.nih.gov/pubmed/24957018>

<http://www.ncbi.nlm.nih.gov/pubmed/17508099>

<http://www.ncbi.nlm.nih.gov/pubmed/19685255>

<http://jama.jamanetwork.com/article.aspx?articleid=1810379>

<http://stroke.ahajournals.org/content/early/2014/04/03/STROKEAHA.113.004449.abstract>

## **Celery**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=14>

<http://www.forbes.com/sites/jennifercohen/2015/02/05/12-best-foods-to-boost-brain-power/>

<http://en.wikipedia.org/wiki/Celery>

## **Dark Chocolate**

<https://www.psychologytoday.com/blog/the-resilient-brain/201410/dark-chocolate-good-your-brain>

<http://journal.chemistrycentral.com/content/5/1/5>

## **Pumpkin Seeds**

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Pumpkin-seeds-wondrous-benefits/articleshow/32237111.cms>

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>

## **Beets**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=49>

<http://www.independent.co.uk/life-style/health-and-families/beet-juice-may-give-your-brain-a-boost-2129149.html>

## **Spinach**

<http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=43>

## **Coconut Oil**

<http://www.livestrong.com/article/85285-coconut-oil-omega3/>

<http://www.alzheimers.net/2013-05-29/coconut-oil-for-alzheimers/>

## **Walnuts**

<http://www.rd.com/slideshows/best-brain-food/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=99>

<http://healthyeating.sfgate.com/vitamins-minerals-walnuts-have-4569.html>

## **Chia Seeds**

<http://www.living-foods.com/articles/chia.html>

## **Turmeric**

<http://www.rd.com/health/healthy-eating/4-best-herbs-for-the-brain/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2781139/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=78>

## **Oily Fish**

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>

<http://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>

<http://www.nhs.uk/livewell/superfoods/pages/is-oily-fish-a-superfood.aspx>

## **Broccoli**

<https://www.worldhealth.net/anti-aging-tips/75/broccoli-brain/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9>

### **Cauliflower**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=13>

<http://womensbrainhealth.org/great-minds-think-alike/give-your-overall-health-a-boost-by-eating-cauliflower>

### **Blueberries**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=8>

<http://www.scientificamerican.com/article/your-brain-on-blueberries/>

### **Tomatoes**

<http://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=44>

### **Blackcurrant**

<http://www.theguardian.com/lifeandstyle/2013/jul/20/good-for-you-blackcurrants>

<http://en.wikipedia.org/wiki/Blackcurrant>

### **Leafy Greens**

[http://www.nlm.nih.gov/medlineplus/videos/news/Leafy\\_Greens\\_033115-1.html](http://www.nlm.nih.gov/medlineplus/videos/news/Leafy_Greens_033115-1.html)

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=138>

### **Avocado**

<http://www.webmd.com/diet/eat-smart-healthier-brain>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=5>

### **Almond Butter**

<http://www.webmd.com/diet/eat-smart-healthier-brain>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=20>

<http://jama.jamanetwork.com/article.aspx?articleid=1810379>

### **Green Tea**

<http://www.healthybrainforlife.com/articles/healthy-food/green-tea>

### **Sunflower Seeds**

<http://www.webmd.com/diet/eat-smart-healthier-brain>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=57>

### **Apples**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=15>

<http://www.cnn.com/2010/HEALTH/09/08/cookinglight.food.boost.mind/>

### **Cinnamon**

<https://www.psychologytoday.com/blog/your-brain-food/201306/why-cinnamon-is-good-your-aging-brain>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=68>

### **Extra Virgin Olive Oil**

<http://www.ncbi.nlm.nih.gov/pubmed/21955812>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=132>

### **Concord Grape Juice**

<http://www.grapescience.com/concord-grapes-and-health/cognitive-function.aspx>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=40>

### **Garlic**

<http://www.ncbi.nlm.nih.gov/pubmed/19053859>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=60>

### **Flax Seeds**

<http://www.webmd.com/alzheimers/news/20120502/fish-flaxseed-may-lower-alzheimers-risk>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=81>

### **Brown Rice**

<http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=128>

### **Eggs**

<http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>

[http://en.wikipedia.org/wiki/Egg\\_%28food%29](http://en.wikipedia.org/wiki/Egg_%28food%29)

### **Sesame Seeds**

<http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>

<http://whfoods.org/genpage.php?tname=foodspice&dbid=84>

### **Sweet Potatoes**

<http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>

<http://whfoods.org/genpage.php?dbid=64&tname=foodspice>

### **Pomegranate Juice**

<http://naturalsociety.com/pomegranate-juice-significantly-improve-memory/>

[http://en.wikipedia.org/wiki/Pomegranate\\_juice](http://en.wikipedia.org/wiki/Pomegranate_juice)

<http://www.ncbi.nlm.nih.gov/pubmed/23970941>

<https://www.drfulhrman.com/library/article19.aspx>

### **Yogurt**

<http://en.wikipedia.org/wiki/Yogurt>

<http://newsroom.ucla.edu/releases/changing-gut-bacteria-through-245617>

### **Tuna**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=112>

<https://www.psychologytoday.com/articles/200504/brain-boost-the-tuna-sandwich>

### **Bananas**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=7>

<http://www.livestrong.com/article/91156-bananas-brain/>



## **Carrots**

<http://www.livescience.com/35320-best-foods-brain-health.html>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=21>

## **Cherries**

[http://www.nbcnews.com/id/6124646/ns/health-health\\_library/t/are-cherries-new-wonder-fruit/](http://www.nbcnews.com/id/6124646/ns/health-health_library/t/are-cherries-new-wonder-fruit/)

<http://en.wikipedia.org/wiki/Cherry>

## **Cranberries**

<https://www.psychologytoday.com/blog/minding-the-body/201311/cranberries-are-smart-choice-your-brain>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=145>

## **Honeydew Melons**

[http://en.wikipedia.org/wiki/Honeydew\\_melon](http://en.wikipedia.org/wiki/Honeydew_melon)

[http://www.naturalnews.com/045208\\_honeydew\\_melons\\_brain\\_health\\_inflammation.html](http://www.naturalnews.com/045208_honeydew_melons_brain_health_inflammation.html)

## **Bok Choy**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=152>

<http://superfoodprofiles.com/bok-choy-health-benefits>

<http://articles.mercola.com/sites/articles/archive/2014/06/21/bok-choy-health-benefits.aspx>

## **Goji Berries**

<http://www.advancednaturalmedicine.com/general-health/goji-berries.html>

<http://www.smart-publications.com/articles/goji-berry-the-king-of-the-berries-supports-heart-brain-and-overall-he>

### **Plums**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=35>

<http://www.liveinthnow.com/article/the-unique-health-benefits-of-plums>

### **Strawberries**

<http://news.harvard.edu/gazette/story/2012/04/berries-keep-your-brain-sharp/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=32>

### **Pecans**

<http://www.healthguidance.org/entry/13764/1/Eating-Pecans-to-Protect-the-Brain.html>

<http://en.wikipedia.org/wiki/Pecan>

### **Blackberries**

<http://en.wikipedia.org/wiki/Blackberry>

<http://www.webmd.com/healthy-aging/news/20120309/berries-boost-brain-function>

<http://www.acs.org/content/acs/en/pressroom/presspacs/2012/acs-presspac-march-7-2012/strong-scientific-evidence-that-eating-berries-benefits-the-brain.html>

### **Eggplant**

<http://whfoods.org/genpage.php?tname=foodspice&dbid=22>

<http://bembu.com/brain-foods>

### **Grass-Fed Cows' Milk**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=130>

<http://www.eatwild.com/articles/superhealthy.html>

### **Grass-Fed Cheese**

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=121>

<http://www.eatwild.com/healthbenefits.htm>

### **Chili Peppers**

[http://www.health.com/health/gallery/0,,20745689\\_2,00.html](http://www.health.com/health/gallery/0,,20745689_2,00.html)

<http://www.whfoods.com/genpage.php/genpage.php?tname=nutrientprofile&dbid=67>

### **Papaya**

[http://www.health.com/health/gallery/0,,20745689\\_7,00.html](http://www.health.com/health/gallery/0,,20745689_7,00.html)

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=47>

### **Brussel Sprouts**

[http://www.health.com/health/gallery/0,,20745689\\_10,00.html](http://www.health.com/health/gallery/0,,20745689_10,00.html)

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=104>

### **Pineapple**

[http://www.health.com/health/gallery/0,,20745689\\_11,00.html](http://www.health.com/health/gallery/0,,20745689_11,00.html)

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=34>

### **Kiwi**

[http://www.health.com/health/gallery/0,,20745689\\_12,00.html](http://www.health.com/health/gallery/0,,20745689_12,00.html)

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=41>

### **Mango**

[http://www.health.com/health/gallery/0,,20745689\\_13,00.html](http://www.health.com/health/gallery/0,,20745689_13,00.html)

<http://www.healthiestfoods.com/healthy-foods/fruits/mango/>

### **Orange**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=37>

<http://www.medicalnewstoday.com/articles/272782.php>

### **Seaweed**

<http://www.ncbi.nlm.nih.gov/pubmed/22054957>

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=135>

### **Onion**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=45>

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=45>

### **Leeks**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=26>

<http://www.nutrition-and-you.com/leeks.html>

### **Black Beans**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=2>

<http://www.webmd.com/diet/beans-protein-rich-superfoods>

### **Clams**

<http://ndb.nal.usda.gov/>

### **Lobster**

<http://www.livestrong.com/article/279182-lobster-nutrition-information/>

<http://www.livestrong.com/article/402859-is-lobster-healthy-food/>

### **Liver**

<http://articles.mercola.com/sites/articles/archive/2013/12/30/eating-organ-meats.aspx>

<http://www.westonaprice.org/health-topics/the-liver-files/>

### **Grapefruit**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=25>

<http://www.health.com/health/gallery/0,,20564855,00.html>

### **Grass-Fed Beef**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=141>

<http://www.mayoclinic.org/diseases-conditions/heart-disease/expert-answers/grass-fed-beef/faq-20058059>

### **Free Range Chicken**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=116>

<http://homeguides.sfgate.com/benefits-organic-freerange-chicken-79319.html>

### **Tofu**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=111>

<http://www.medicalnewstoday.com/articles/278340.php>

### **Green Beans**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=134>

<http://www.medicalnewstoday.com/articles/285753.php>

### **Green Peas**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=55>

<http://realfoodforlife.com/10-health-benefits-of-peas/>

### **Pears**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=28>

<http://www.medicalnewstoday.com/articles/285430.php>

## **Quinoa**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=142>

<http://authoritynutrition.com/11-proven-benefits-of-quinoa/>

## **Apricots**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=3>

<http://www.medicaldaily.com/apricot-nutrition-3-surprising-health-benefits-apricots-246662>

## **Cucumbers**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=42>

[http://www.naturalnews.com/036769\\_cucumbers\\_health\\_benefits\\_rehydration.html](http://www.naturalnews.com/036769_cucumbers_health_benefits_rehydration.html)

## **Cabbage**

<http://www.whfoods.com/genpage.php/genpage.php?tname=foodspice&dbid=19>

<http://www.medicalnewstoday.com/articles/284823.php>

