

The best foods to help you focus

You know the right foods are good for your body, but did you know they can help your brain too? Many foods can actually improve brain function, according to the Academy of Nutrition and Dietetics:

- ***Vegetables.*** All vegetables can benefit the brain, but certain vegetables seem to be especially helpful. Cruciferous vegetables like broccoli, cabbage or cauliflower boost brain power. Dark leafy greens, such as spinach, kale, mustard greens and dark lettuce, also improve concentration and memory.



- ***Dark-colored berries.*** Blackberries, blueberries and cherries have nutrients that your brain needs for optimal function. Fresh or frozen are great options. If you choose dried fruits, read the label and avoid any with added sugar.



- ***Omega-3 fatty acids.*** Fatty fish, such as salmon, bluefin tuna, sardines and herring contain high amounts of omega-3 fatty acids. Vegetarian sources include flaxseeds, chia seeds and walnuts.



In addition, these foods are also great for your heart and overall health. Try working them into your daily diet for maximum brain benefit and a healthier you.