

10 TASY BRAIN FOODS

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Delicious brain foods to give you energy, help you learn, think, and more.

1. AVOCADO

Avocado are smooth and creamy because of their fat content. They are rich in a fatty acid called oleic acid, which helps to build the coating of insulation known as myelin (found in white matter of the brain). Myelin helps information to travel at speeds of up to 200 miles per hour.

2. PURPLE GRAPES

Purple grapes contain the phytonutrient resveratrol, known for its helpful effects on circulation. Grapes help keep blood vessels healthy by preventing blockages - they raise good cholesterol and lower cholesterol.

3. BROWN RICE

Vitamin B is found in Brown Rice. Vitamin B like riboflavin help produce energy for brain cells. Brown rice also contain niacin and thiamin which is good for your brain.

4. LENTILS

These tiny beans provide iron, a mineral important for learning. Iron helps form myelin, healthy

red blood cells that deliver oxygen to the brain. Lastly, iron is used to form dopamine, a neurotransmitter in the brain that is a key player in learning, mood and behavior.

5. EGGS

Don't skip over easy source of good fats. Cholesterol - is good for brain health. Problems with cholesterol often arise because of an unhealthy diet too high in saturated fat and too low in plant foods. An excess of bad cholesterol is formed, and oxidation of this cholesterol leads to plaque and blockage of arteries. Enjoy a few eggs a week for an easy source of good fat.

6. FLAX SEEDS

Flax seeds are rich in brain-healthy fats. Flax seeds also contain GLA, a fatty acid from the omega-6 family which regulate the environment of the brain. To boost your brain have a tablespoon or two of flax seeds daily. You can sprinkle it on cereal or mix in a smoothie. You can also soak the seeds and add them to salad dressings.

7. SESAME SEEDS

Sesame seeds contain zinc, a mineral important in learning, memory and brain development. Zinc is also part of the brain's defense system, because it promotes immune health and drives enzymes that keep a healthy balance of trace metals in the brain.

8. SIMPLY D-LIGHTFUL (not a food)

This is none other than sunshine. Whenever possible, let your skin soak up some sunshine. The sunshine provides And Vitamin D plays an important role in the immune system.

9. SWEET POTATOES

Sweet potatoes are loaded with carotenoids, giving them a rich orange color. Carotenoids are important for the brain because they act as antioxidants, protecting cells from damage, and also help to form Vitamin A.

10. SPINACH

A handful of spinach can do wonders for your brain. Spinach is a great source of folate, a B-vitamin that helps the brain in many ways. Folate helps maintain healthy brain circulation by preventing the buildup of plaque.

Deuteronomy 33:27 "The eternal God is your refuge, and underneath are the everlasting arms."

Be Blessed in the Name of Jesus Amen!

¹ <http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>