



Nourish Your Mind: Brain-Boosting Foods for Alzheimer's & Brain Awareness Month



June marks **Alzheimer's & Brain Awareness Month**, a time to shine a light on one of the most challenging diseases affecting millions worldwide. Alzheimer's disease is a progressive neurological disorder that leads to memory loss, cognitive decline, and changes in behavior. While there is no known cure, growing research suggests that **nutrition plays a critical role in brain health** – especially when it comes to prevention and slowing cognitive decline.

Brain-Boosting Foods for Cognitive Health

Fueling your brain with the right nutrients can help support memory, focus, and overall cognitive function. Here are some of the top foods to include in a brain-healthy diet:

1. Fatty Fish (Salmon, Sardines)

Rich in omega-3 fatty acids, particularly DHA, which is vital for brain structure and function. Omega-3s may help reduce inflammation and support communication between brain cells.

2. Leafy Greens (Spinach, Kale, Swiss Chard)

Loaded with folate, vitamin K, and antioxidants, leafy greens support memory and may slow cognitive decline.

3. Berries (Blueberries, Strawberries)

Packed with antioxidants, berries are known to delay brain aging and improve memory.

4. Nuts and Seeds (Walnuts, Flaxseeds, Chia Seeds)

Walnuts are high in DHA, while flax and chia provide plant-based omega-3s. They also contain vitamin E, which protects cells from oxidative stress.

5. Whole Grains (Oats, Quinoa, Brown Rice)

These help regulate blood sugar and provide steady energy to the brain, preventing mental fatigue and supporting focus.

6. Turmeric

Curcumin, the active ingredient in turmeric, has anti-inflammatory and antioxidant properties that may cross the blood-brain barrier and benefit memory.

7. Green Tea

Contains caffeine and L-theanine, which can enhance alertness, memory, and mental performance.

While no single food or supplement can prevent Alzheimer's, a consistent, nutrient-rich diet, can significantly influence brain health and function over time. Making small, mindful changes to your meals today could help support a healthier brain tomorrow.

Let this month be a reminder to care not only for your body but for your mind, one bite at a time.