

## Broccoli

Broccoli is a great source of vitamin K, which is known to improve brainpower.



## Eggs

Eggs are a rich source of several B vitamins & choline, which are important for proper brain functioning & development.



## Dark chocolate

The flavonoids in chocolate may help protect the brain. Studies have suggested that eating chocolate could boost both memory & mood.



## Water

Proper hydration is key to staying in tip-top intellectual shape. Not drinking enough water can negatively impact your focus, alertness, & short-term memory.



## Pumpkin seeds

Pumpkin seeds are rich in many micronutrients that are important for brain function, including copper, iron, magnesium & zinc.



## Turmeric

Turmeric & its active compound curcumin have strong anti-inflammatory & antioxidant benefits, which help the brain.



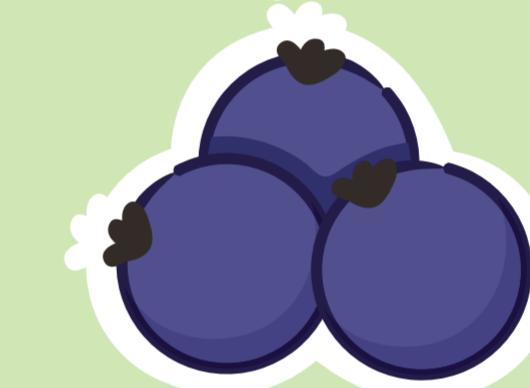
## Oranges

Oranges & other foods that are high in vitamin C can help defend your brain against damage from free radicals.



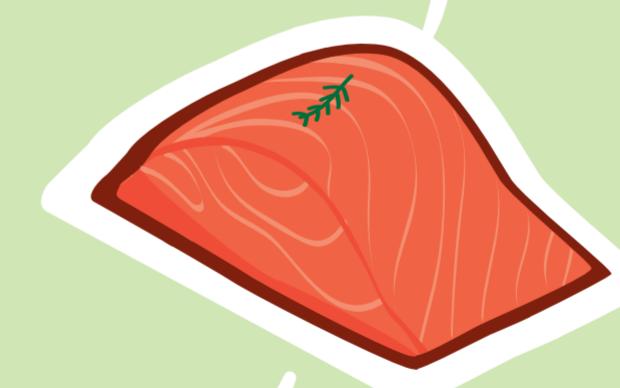
## Blueberries

Blueberries are packed with antioxidants that may delay brain aging & improve memory.



## Fatty fish

Fatty fish is a rich source of omega-3s which play a role in sharpening memory and improving mood, as well as protecting your brain against decline.



## Nuts

Nuts contain a host of brain-boosting nutrients, including vitamin E, healthy fats & plant compounds, which may help protect healthy brain function.



# BEST BRAIN FOODS FOR STUDYING