

Food for a healthy brain



Keep your brain fit and healthy by stocking up on these nutritious, smart foods.

Tomatoes

Tomatoes contain an antioxidant called lycopene. Research suggests that tomatoes help maintain brain health by neutralising free radicals. These are chemical compounds produced by oxidation in the human body, which damage brain cells and can lead to the development of dementia, particularly Alzheimer's.

Cooking or processing the tomatoes increases the amount of lycopene as this releases it from the skin. Tomatoes are also a good source of potassium which reduces high blood pressure and, in turn, the susceptibility of having a stroke.

Pomegranates

Pomegranates contain nutrients that can protect your brain from various forms of damage. Researchers from the University of Huddersfield even believe that the compound punicalagin can slow the progression of Alzheimer's.

Punicalagin works by inhibiting inflammation in specialised brain cells known as microglia. This inflammation leads to the destruction of further brain cells, thereby worsening the symptoms of Alzheimer's. Lead researcher Dr. Olumayokun

Olajide is still determining the amount of pomegranate required in order to be effective, but recommends 100% pomegranate products, approximately 3.4% of which will be punicalagin.

Avocados

Avocados are rich in monounsaturated fat which decreases 'bad' low-density lipoprotein cholesterol and increases 'good' high-density lipoprotein cholesterol. Because high blood pressure is a risk factor for stroke, eating avocados can lower blood pressure and promote brain health.

Pumpkin seeds

Pumpkin seeds contain omega 3 and omega 6 fatty acids which play a role in improving mental health, aiding memory, and supporting healthy brain development. These seeds are high in magnesium, which has a calming effect on the brain as well as zinc, which is important for the healthy functioning of the brain.

Peanuts

Peanuts are high in vitamin E. Brain cells use them as protection from chemical breakdown. Peanuts also contain protein, minerals, and fibre, making them a good source of food to nourish the brain.