

HEALTHY EATING TIPS > Compiled by Beatrice Nakibuuka

Food that help to boost your brain

The brain is one of the most important organs in your body. According to Fausta Akech, a nutritionist at Heathy U, the brain needs to be fuelled almost all the time with water, fluids and foods that increase blood circulation and its proper functioning.

Water

Drinking water and brain function are essentially linked. Approximately 85 per cent of the brain is water and its function depends on drinking a lot of water.

Being dehydrated will make it hard for you to think and can cause attention deficit disorder in both children and adults. Lack of water to the brain can cause numerous symptoms including problems focusing, memory, brain fatigue as well as headaches, sleep issues, anger, and depression.

Akech says, "It is important to drink plenty of water throughout the day for ideal brain function because the brain does not store water. The lack of water enhances brain dysfunction and will result in the body's inability to detoxify harmful substances from the brain."

Egg yolk

This is an important food for the brain which provides nutrients essential for proper brain functioning in terms of mental activity and nervous system health.

She remarks, "Egg yolks are one of the

most important foods for proper brain health because they provide choline, a nutrient which serves a number of basic brain functions but rare in other foods."

Choline helps to maintain the structure of brain cell membranes and is needed to relay messages from the brain to nerves and muscles. "It is also an important brain food for a developing baby in the womb, Akech warns. Consuming choline during pregnancy assists in foetal brain development and protects against foetal brain defects."

Avocado

Avocados contain monounsaturated fats, antioxidants, omega 3, and omega 6 fatty acids which increase blood flow to the brain, lower cholesterol and

aid in the absorption of antioxidants. They also contain vitamin E which protects the body and the brain from free radical damage. The potassium and vitamin K protect the brain from the risk of stroke.

Rosemary

"Rosemary is said to improve memory and cognitive function with its scent alone. The plant in the mint family improves blood flow to the brain, improves mood, and acts as an antioxidant," She recommends. Rosemary is also a powerful detoxifier, fights cancer, boosts energy, and combats aging of the skin if taken in warm water.

Other foods such as meat, dairy products, fish, beans, nuts, seeds, whole grains, turmeric, beetroot and green leafy vegetables are also good for proper brain functioning.



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