

10 foods to boost your brainpower

Eating well is good for your mental as well as your physical health. The brain requires nutrients just like your heart, lungs or muscles do. But which foods are particularly important to keep our grey matter happy?

1. Eat Wholegrains
2. Eat oily fish
3. Binge on blueberries
4. Eat more tomatoes
5. Add vitality with vitamins
6. Get a blackcurrant boost
7. Pick up pumpkin seeds
8. Bet on broccoli
9. Sprinkle on sage
10. Go nuts

For more information and source, visit <http://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>



**“If the brain is mostly made of fat,
then gaining weight in college
helps you get smarter!”**

Cartoon used with special permission from glasbergen.com