



## Fueling Your Mind: Nutrition For Better Brain Health

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When it comes to maintaining a sharp memory and staying mentally focused, what you eat can make a big difference. Just like your body, your brain needs the right nutrients to function at its best.

So-called “**brain foods**”—like leafy greens, berries, nuts, and fatty fish—are rich in antioxidants, healthy fats, vitamins, and minerals that support brain function and may help slow cognitive decline. For example, omega-3 fatty acids in fish such as salmon and sardines are known to promote healthy brain cell communication, while berries are packed with compounds that fight inflammation and oxidative stress. Research studies have shown that [healthy eating is linked to better brain health](#).

Incorporating more of these foods into your diet doesn't have to be complicated. Try these **easy tips**:

- **Add greens:** Toss spinach or kale into smoothies, soups, or omelets.
- **Snack smart:** Choose almonds, walnuts, or pumpkin seeds over processed snacks.
- **Go fish:** Aim for two servings of fatty fish per week.
- **Color your plate:** Load up on colorful vegetables and fruits—especially berries and dark leafy greens.
- **Choose walnuts daily:** Walnuts are especially rich in DHA, a type of omega-3 fatty acid linked to improved cognitive performance and reduced inflammation.
- **Sip smart:** Moderate coffee and tea consumption may help with alertness and long-term brain health thanks to antioxidants and caffeine.

### Quick Brain-Boosting Recipe: Berry Nut Oatmeal

- ½ cup rolled oats
- 1 cup unsweetened almond milk (or water)
- ½ cup mixed berries (fresh or frozen)
- 1 tbsp ground flaxseed or chia seeds
- 1 tbsp chopped walnuts
- Optional: drizzle of honey or cinnamon for taste

Bring almond milk to a boil, stir in oats, reduce heat and simmer for 5 minutes. Add berries, seeds, and walnuts. Stir, serve, and enjoy!

Eating well isn't just good for your heart and waistline—it's food for thought, too!

To schedule a nutrition consultation with Agata Williams, please call our office at 410.989.8833, email [register@inspire-im.com](mailto:register@inspire-im.com) or [schedule online](#).