

Superfoods that Fuel the Brain and Prevent Mental Illnesses

A number of recent studies have garnered enough evidence to prove exactly how important certain foods are for optimum mental health. Experts have also examined how unhealthy nutrition and other dietary factors may be the primary reason behind certain mental illnesses. Based on [research](#) conducted by expert nutritionists and dieticians, here are five superfoods that help improve your brain's functioning capabilities and health; subsequently preventing mental health conditions.



Broccoli

The cruciferous vegetable has gained quite a lot of popularity after scientific researchers found that it contains an important compound, [sulforaphane](#), which helps protect the brain from further damage following an injury. The compound strengthens the blood-brain barrier, which, if weak, allows other body materials to seep into the brain, causing damage.

A [study published in the Neuroscience Letters](#) in 2009, successfully concluded that the performance of rats in a routine maze test drastically improved after they given sulforaphane following brain damage.

Eggs

While many of us consume eggs on a daily basis, primarily to gain lean muscle mass, we overlook its role in giving our brain the boost it needs to perform basic cognitive tasks. Eggs, more importantly, the yolks, are found to be one of the best sources of [choline](#), which helps create acetylcholine, a neurotransmitter



that helps you remember basic things like where you parked your car when you got to work.

Walnuts

With the highest amount of [omega-3 fatty acids](#) out of all the other nuts, walnuts have long been known to improve thinking skills and boost memory. By improving the functions of neurotransmitters, omega-3 fatty acids protect the brain and boost memory and thinking capabilities.

Apart from omega-3 fatty acids, walnuts were also found to contain magnesium and vitamin B6, which are two of the most popular minerals known to play a major role in protecting the brain from memory loss. [Walnuts also help fight depression](#) and prevent the decline in brain function due to aging.

Blueberries

A series of studies conducted on animals in the past, suggested a link between brain health and the consumption of berries. However, a more recent [research](#) published in the [Annals of Neurology](#) found that middle-aged women with a higher intake of blueberries and other berries had a much slower

decline in their mental health. They were even found to be able to focus better than most women their age.

Oatmeal

Oatmeal is one of the five superfoods that boost brain power for many reasons. Firstly, it provides the primary fuel for your brain, glucose, which boosts short-term brain capabilities, like concentrating on a test or assignment. Secondly, the carbohydrates in oats are broken down by the body very slowly and steadily, giving a steady source of energy to the brain for several hours. Oatmeal also contains several other properties that are linked to preventing age-related cognitive decline.

Apart from superfoods and supplements, it is imperative to note that water accounts for almost 85% of the brain's weight, making it one of the most important contributors to your mental health. Drinking enough water not only prevents cognitive decline due to aging, but also helps your brain function at its very best and absorb the minerals that these superfoods provide it with.

Sources for Images:

<https://www.pexels.com/photo/agriculture-broccoli-close-up-close-up-399629/>

<https://www.pexels.com/photo/walnuts-in-the-jar-5949/>