

Top 10 Foods for Brain Health

Ten evidence-based foods for brain health and healthy cognitive aging, including leafy greens, berries, and fish, with serving tips and safety cautions.

1 Leafy Green Vegetables

Folate, vitamin K, lutein, nitrate

Serving: About 1 serving (1 cup raw) daily
Linked to slower cognitive decline in older adults.

2 Blueberries and Other Berries

Anthocyanins, flavonoids

Serving: 1/2 to 1 cup, several times per week
Anthocyanins associated with better memory in small trials.

3 Oily Fish

DHA omega-3

Serving: At least 1 serving per week; 2 is better for heart health
DHA is a structural fat in brain cell membranes.

4 Nuts, Especially Walnuts

Alpha-linolenic acid, vitamin E, polyphenols

Serving: About 1 oz, 5 or more times per week
A MIND diet staple associated with better cognition.

5 Extra-Virgin Olive Oil

Monounsaturated fat, polyphenols

Serving: 2-4 tablespoons daily in place of other fats
Primary fat in Mediterranean patterns tied to slower decline.

6 Eggs

Choline, vitamin B12

Serving: Up to about 1 egg daily for most healthy adults
One of the richest common sources of choline.

7 Beans and Lentils

Folate, fiber, plant protein

Serving: At least 3 half-cup servings per week
A MIND diet food group rich in folate and fiber.

8 Whole Grains

Fiber, B vitamins

Serving: 3 or more servings daily
Steady glucose and B vitamins for the brain.

9 Coffee and Tea (in Moderation)

Caffeine, polyphenols

Serving: Up to about 3-4 cups coffee daily for most adults
Caffeine and polyphenols associated with alertness.

10 Colorful Vegetables (Broccoli, Peppers, Carrots)

Carotenoids, vitamin C, fiber

Serving: At least 1 additional serving of vegetables daily
Antioxidants and carotenoids in brain-healthy diets.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/brain-health/