
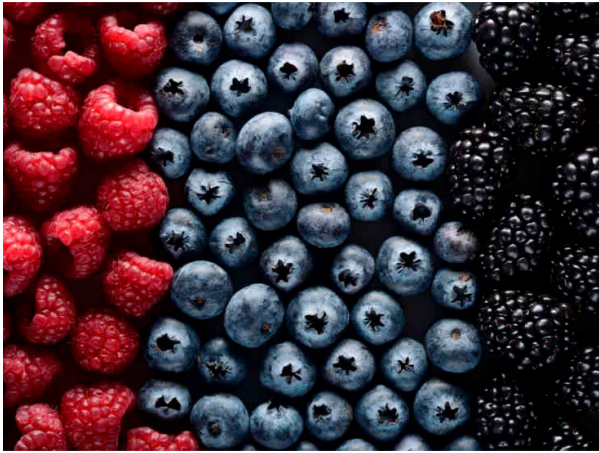



Food	How/Why it's nutritious
<p data-bbox="203 310 264 344">Fish</p> 	<p data-bbox="824 310 1398 457">What a catch! By chowing down, you get omega-3 fatty acids which are good for helping the brain grow and for your vision.</p>
<p data-bbox="203 781 305 814">Berries</p> 	<p data-bbox="824 781 1393 970">Pick up a handful of this colorful food to reap the benefits of anthocyanins (antioxidants) which helps the aging brain and may stall age-related brain disorders such as dementia.</p>
<p data-bbox="203 1304 367 1337">Brown Rice</p> 	<p data-bbox="824 1304 1403 1486">Add this grain to your plate for a nice dose of complex carbohydrates! Scientists say this nutrient helps produce serotonin, which helps your brain to feel calm and reduces anxiety.</p>

Potatoes



Vitamin B6, found in this root vegetable, is particularly critical to maintaining neurological health and memory.

Eggs



Crack open and fry up this food to help your body make the neurotransmitter acetylcholine from the nutrients choline and lutein. Acetylcholine helps with self-regulation, creativity, and attention, among other executive functions.

Broccoli



The brain-loving compounds in this green vegetable enhance learning and memory due to having plenty of Vitamin K.

Organic Yogurt



A healthy gut helps to have a healthy brain! Probiotics in some dairy products may be helpful in managing worry and anxiety.

Spinach



Load up on leafy greens to increase the release of dopamine in the brain, the "pleasure" neurotransmitter that helps us feel joy and happiness.