

BRAIN-PROTECTIVE FOODS

10 Foods Your Brain Is Begging You to Eat

Save this. Stick it on your fridge. Take it to the grocery store

LEAFY GREENS

What: Spinach, kale, collards, Swiss chard

Why: 1-2 servings daily gave people cognitive abilities 11 years younger

Key nutrients: Vitamin K (600% DV per cup of kale), folate, lutein

How: Add to smoothies, massage into salads, sauté with garlic

BERRIES

What: Blueberries, blackberries, strawberries, raspberries

Why: Regular eaters maintained sharper memories for 2.5 years longer

Key nutrients: Anthocyanins, vitamin C, polyphenols

How: ½ to 1 cup daily. Fresh or frozen. Choose organic when possible

TURMERIC

What: Ground turmeric or fresh root

Why: Curcumin crosses the blood-brain barrier, boosts BDNF, reduces harmful protein deposits

Key nutrients: Curcuminoids

How: 1-2 tsp daily. ALWAYS pair with black pepper + healthy fat or it won't absorb

GREEN TEA

What: Loose leaf or bagged green tea

Why: The only food that creates "calm focus" (caffeine + L-theanine + EGCG)

Key nutrients: Catechins, L-theanine

How: 2-3 cups daily. Add lemon to boost absorption. Brew below boiling

RED GRAPES

What: Fresh red grapes, pure grape juice (no added sugar)

Why: Resveratrol reduces amyloid-beta buildup linked to Alzheimer's

Key nutrients: Resveratrol, anthocyanins, quercetin

How: Eat with skins on. Red varieties over green. Choose organic when possible

PUMPKIN + SUNFLOWER SEEDS

What: Raw or lightly roasted, unsalted

Why: Higher vitamin E intake linked to 25% reduced dementia risk

Key nutrients: Zinc, magnesium, vitamin E, tryptophan

How: 1-2 tablespoons daily. Sprinkle on salads, oats, plant-based yoghurt, or eat as a snack

SOY

What: Edamame, tempeh, miso, traditionally prepared tofu

Why: Isoflavones protect neurons from oxidative damage

Key nutrients: Isoflavones, B vitamins, omega-3s, tyrosine

How: Choose organic, non-GMO, whole food forms. Avoid highly processed soy

FERMENTED FOODS

What: Kimchi, kefir, sauerkraut, miso, kombucha

Why: Support the gut microbiome that communicates with your brain via the vagus nerve

Key nutrients: Live beneficial bacteria, B vitamins, tryptophan

How: Start small. Variety matters. Choose unpasteurised when possible

QUINOA

What: White, red, or black quinoa

Why: Complete protein for neurotransmitter production + 43mg choline per cup

Key nutrients: All 9 essential amino acids, iron, choline, magnesium, quercetin

How: Rinse before cooking. Use in bowls, salads, soups, or as a breakfast porridge

CRUCIFEROUS VEGETABLES

What: Broccoli, Brussels sprouts, cauliflower, cabbage, kale

Why: Sulforaphane crosses the blood-brain barrier to fight neuroinflammation

Key nutrients: Sulforaphane, vitamin C, folate

How: Chop and wait 40-45 mins before cooking to activate sulforaphane. Light steam only

QUICK REFERENCE: DAILY TARGETS

- >2 cups leafy greens
- ½-1 cup berries
- 1-2 tsp turmeric (with black pepper + fat)
- 2-3 cups green tea
- 1-2 tbsp seeds (pumpkin or sunflower)
- 1-2 cups cruciferous vegetables
- A serving of fermented food
- Red grapes, quinoa, and soy throughout the week

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Every food on this list protects the brain through the gut first.

The compounds that reduce neuroinflammation are the same ones that calm intestinal inflammation.

Start with your gut. Your brain will notice.

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