《十种让你脑力爆棚的食物》

导读:好好吃东西对人的身心健康都有好处。大脑和你的心肺,肌肉一样需要营养。但是吃什么对保持大脑灰质活力特别重要呢?



Eating well is good for your mental as well as your physical health. The brain requires nutrients just like your heart, lungs or muscles do. But which foods are particularly important to keep our grey matter happy?

1. Opt for wholegrains

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Like everything else in your body, the brain cannot work without energy. The ability to concentrate and focus comes from the adequate, steady supply of energy - in the form of glucose in our blood to the brain. Achieve this by choosing wholegrains with a low-GI, which release glucose slowly into the bloodstream, keeping you mentally alert throughout the day. Opt for 'brown' cereals, wheatbran, granary bread and brown pasta.

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2. Eat oily fish
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Essential fatty acids (EFAs) cannot be made by the body and must be obtained through diet. The most effective omega-3 fats occur naturally in oily fish as EPA and DHA. Good sources include linseed (flaxseed) oil, soya bean oil, pumpkin seeds, walnut oil and soya beans. They are good for healthy brain function, the heart, joints and general wellbeing. Oily fish contains EPA and DHA in a ready-made form, which enables the body to use it easily. The main sources of oily fish include salmon, trout, mackerel, herring, sardines, pilchards and kippers. Low DHA levels have been linked to a higher risk of developing Alzheimer's disease and memory loss.
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3. Binge on blueberries
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Evidence accumulated at Tufts University in the United States suggests that the consumption of blueberries may be effective in improving or delaying short term memory loss. Widely available, so there's no excuse.
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4. Eat more tomatoes

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There is good evidence to suggest that lycopene, a powerful antioxidant found in tomatoes, could help protect against the kind of free radical damage to cells which occurs in the development of dementia, particularly Alzheimer's.

5. Add vitality with vitamins

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Certain B vitamins - B6, B12 and folic acid - are known to reduce levels of homocysteine in the blood. Elevated levels of homocysteine are associated with increased risk of stroke, cognitive impairment and Alzheimer's disease. A study of a group of elderly patients with mild cognitive impairment found that after two years of intervention with high doses of B6, B12 and folic acid there was significantly less brain shrinkage compared to a subset given placebo treatment.

6. Get a blackcurrant boost 6.????? Vitamin C has long been thought to have the power to increase mental agility. One of the best sources of this vital vitamin are blackcurrants. 7. Pick up pumpkin seeds 7.?????? Just a handful of pumpkin seeds a day is all you need to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills. ???????????????????????????????????? 8. Bet on broccoli 8.????? A great source of vitamin K, which is known to enhance cognitive function and improve brainpower. ???????K??????????????? 9. Sprinkle on sage

Sage has long had a reputation for improving memory and although most studies focus on sage as an essential oil, it could be worth adding fresh sage to your diet too.

10. Go nuts

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A study published in the American Journal of Epidemiology suggests that a good intake of vitamin E might help to prevent cognitive decline, particularly in the elderly. Nuts are a great source of vitamin E along with leafy green vegetables, asparagus, olives, seeds, eggs, brown rice and wholegrains.

