

## 《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?

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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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 ????B6?B12????????????????????????????????????

6.?????

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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.

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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.

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