Brain foods are foods that help improve functioning within the brain. One example of a brain food is fish. Fish is rich in omega-3 fatty acids which allow the blood vessels of the brain to remain healthy and fluid. Fish also provides nerve cells within the brain with necessary nutrients that allow cells to function at their highest level.

Due to the profound benefits that have largely been associated with eating fish, it is recommended to include fish within your diet at least a couple times per week. If you cannot include fish within your diet, you may want to consider taking fish oil supplements. Taking supplements and eating fish have been proven to be equally as effective.

There are many great foods that have been researched and documented to boost brain power. Knowing which foods boost brain power will allow you to make necessary dietary changes that will positively impact your brain. I’ve compiled a list of 50 Good Brain Foods and posted them below.

A list of “50 Good Brain Foods“:

1. Acai berries
2. Almonds
3. Avocados
4. Bananas
5. Blackberries
6. Blueberries
7. Brewer’s yeast
8. Broccoli
9. Brown rice
10. Brussels sprouts
11. Cantaloupe
12. Cashews
13. Cauliflower
14. Cherries
15. Cheese
16. Chicken
17. Collard greens
18. Cranberries
19. Dark chocolate
20. Eggs
21. Eggplant
22. Fish
23. Flaxseed oil
24. Green Tea
25. Lean beef
26. Legumes
27. Milk
28. Oatmeal
29. Oranges
30. Peanut butter
31. Peas
32. Plums
33. Potatoes
34. Pumpkin seeds
35. Raspberries
36. Red cabbage
37. Red grapes
38. Romaine lettuce
39. Salmon
40. Soybeans
41. Spinach
42. Stabilized rice bran
43. Strawberries
44. Tomatoes
45. Tuna
46. Turkey
47. Walnuts
48. Water
49. Wheat germ
50. Yogurt