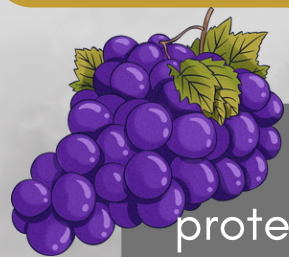
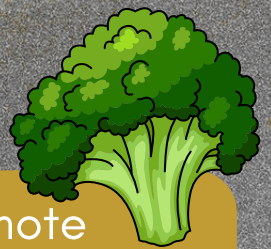


Broccoli is rich in sulforaphane, a compound shown to promote neurogenesis—the formation of new neurons—which may support learning and memory.



Grapes contain resveratrol, an antioxidant that may help protect the brain from aging-related damage and boost blood flow to the brain.

Packed with magnesium, iron, zinc, and copper, pumpkin seeds support everything from cognitive function to stress reduction.



Green tea has both caffeine and L-theanine, a unique amino acid that promotes relaxation without drowsiness, creating a state of calm focus.



Dark chocolate can improve blood flow to the brain

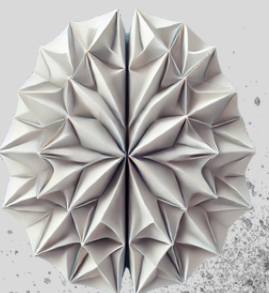


Research suggests blueberries can delay brain aging by up to 2.5 years

Nuts and seeds, like almonds and flaxseeds, contain vitamin E which may be protective against cognitive decline



Walnut brain: packed with omega-3 for brain health

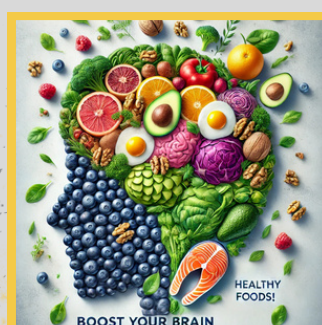


BRAIN BOOST RECIPE



Recipe: Omega-3 Power Bowl

1 cup cooked quinoa, 4 oz grilled salmon, a handful of walnuts, avocado slices, and a sprinkle of chia seeds.



Layer the quinoa and salmon in a bowl, top with avocado and walnuts, and finish with chia seeds for a crunchy, brain-boosting bowl.