Twitter Thread by Dan Go

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8 foods that will make you a smarter human:

1. Fatty Fish

60% of your brain is made of fat & half of that is composed of omega 3 fatty acids & unsaturated fats.

Fishes such as salmon, trout, albacore tuna, herring & sardines are rich sources of omega 3's.

For best results get at least 2 servings of fatty fish a week.



2. Beef liver

Organ meats are high in Omega 3 fatty acids, choline, B12, folate, magnesium & chromium all of which support cognitive function & brain health.

Beef liver is considered nature's multivitamin as it contains more nutrients gram for gram than any other food.



3. Green Leafy Vegetables

Vegetables such as broccoli, collards & spinach are high in brain nutrients like beta carotene, vitamin K & folate.

Studies have shown that these plant based foods may help slow cognitive decline.



4. Coffee & Green Tea

Coffee as well as green tea contain a high amount of caffeine & antioxidants, which can help support brain health.

Green tea in particular contains L-Theanine which helps reduce anxiety & makes you feel more relaxed.



5. Berries

Berries such as strawberries, blueberries, blackberries & raspberries contain flavonoids that help improve memory.

Researchers at Harvard found that women who consumed 2 or more servings of berries each week can delay memory decline by up to 2.5 years.



6. Turmeric

Turmeric contains curcumin which has antioxidants, is anti-inflammatory & has been shown to boost brain derived neurotropic factor, which helps brain cells grow.

If you do take in curcumin you'd want to pair it with black pepper as it can enhance absorption by 2000%



7. Fermented Foods

Kefir, kimchi & yogurt with active cultures contain sources of live bacteria that can promote healthy gut function & reduce anxiety.

A review of 45 studies showed that fermented foods may protect the brain by improving memory & slowing cognitive decline.



8. Dark Chocolate

Dark chocolate & cocoa powder contain flavanoids, caffeine & antioxidants.

Flavanoids gather in areas of the brain that help with learning & memory, which may aid in boosting brain activity.



9. Walnuts

Nuts are a great source of healthy fats.

They also contain antioxidants & vitamin E which protects against free radicals.

Walnuts in particular are high in an omega-3 fatty acid called alpha-linolenic acid (ALA) which can lower blood pressure & clean arteries.



When you're reading this you want to start eating these foods right away & that's fine.

Yet always remember the best way to boost your brain is with daily exercise, nutrient dense foods while getting the right amount of sleep.

Take this list as supplements for a healthy brain.

That's a wrap!

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— Dan Go (@FitFounder) June 26, 2022