Brain Foods to Help Prevent Dementia

1. **Dark chocolate:** Flavonoids in cocoa increase blood flow to the brain and help prevent conditions that reduce blood flow to the brain, such as dementia or stroke. Flavonoids can also be found in most fruits, vegetables, herbs and spices.

2. **Red wine:** also contains high levels of flavonoids. However, red wine should be limited to no more than 1-2 glasses per day, since excessive alcohol intake has been linked to dementia.

3. **Green tea:** contains a type of flavonoid called catechins. It has the beneficial ability to cut the risk of cancer and neurodegenerative disease, such as dementia.

4. **Clams:** have 1648% of the recommended daily allowance of vitamin B12 in a 100 gram serving. Low vitamin B12 may increase the risk of Alzheimer’s by 4 times. Vitamin B12 can also be found in oysters, mussels, fish, shrimp, scallops, liver, beef, seaweed, and tempeh.

5. **Asparagus:** has 66% of daily folate needs in a 1-cup serving. People who are folate deficient can be 3.5 times more likely to develop dementia. Other sources of folate include citrus fruits, beans, broccoli, cauliflower, beets, lentils, and leafy green vegetables.

6. **Wild salmon:** contain omega-3 fatty acids, vitamin D and vitamin B12. People who consume an average of 3 servings of oily fish per week may reduce the risk of Alzheimer’s by up to 50%. Omega-3s can also be found in walnuts, flaxseeds, and dark-green leafy vegetables.

7. **Cherries:** contain the antioxidant, anthocyanins, which helps produce an anti-inflammatory response. Berries, including cherries, are full of antioxidants and anti-inflammatory phytochemicals to help reduce brain inflammation, which has been associated with dementia.

8. **Turmeric:** contains curcumin, which can remove plaques from the brain. Turmeric, a spice often used in curry and Middle-Eastern dishes, is also considered a top anti-inflammatory food that may lower the risk of dementia.

9. **Apples:** contain quercetin, which is in the apple skin. It has been found to protect the brain from neurodegenerative disorders, such as Alzheimer’s. It may also help reduce the risk of cancer. Capers, red grapes and red onions are also a good source of quercetin.