

EAT FOR BETTER CONCENTRATION

What you do or don't put into your mouth has a definite effect on your cognitive function and abilities. Work meetings, deadlines and productivity, in general, are dependent on your brain working as it should. That's why you should know how to fuel it properly.

And, yes, coffee is on the list, but if you want to realise your potential, you're going to need more than your daily cuppa joe.

On top of that, many of these foods can help to prevent age-related disorders of the brain.

1

Low-GI foods and whole grains

Avoid foods that release all their energy at once, since this can cause a drop in your blood-glucose levels. You want sustained, slow-release energy, so that you can focus on your tasks and not get distracted by untimely hunger. Look for low-GI options such as legumes, high-fibre fruits and vegetables, brown rice, quinoa and sweet potatoes.

Whole-grain foods contain vitamin E, which, studies show, can boost cognitive performance. Good options include barley, bulgur wheat, oatmeal, whole-grain bread and pasta.

2

Healthy oils

Your brain wants essential fatty acids (EFAs) and omega-3 fats for better concentration and to prevent cognitive decline. Increase your intake of fatty fish, such as trout, salmon, mackerel, sardines, herring, pilchards and kippers, and enjoy flaxseed, avocados, pumpkin seeds, walnuts and soya beans. You could also consider a good-quality supplement.



3

Water

It should go without saying: your brain needs proper hydration in order to function as it should. Start your day with a glass or two of water, to wake up your brain and kickstart the hydration process. Drink another glass of water every few hours throughout the day. If you're exercising or spending time outside, your body will dehydrate faster, so you need to drink more water.

4

Antioxidants

Antioxidants protect the brain against oxidative stress, which can lead to cognitive decline. Flavonoids are a good option, and you can get these from dark chocolate (in moderation), berries and coffee. Vitamin E is also important.

5

Supplements

If you have a deficiency in vitamins B, C or E, beta-carotene or magnesium may improve brain function. You should also consider vitamin B9 (folate).

“While many people only think of folate as a necessary nutrient during pregnancy, it's very active in the brain and central nervous system,” says functional-medicine expert Bryce Wylde, Canadian author of the newly released book *Brainspanners*. It also aids in cellular detoxification.

Vitamin B9 is found in many fortified foods, as well as fresh fruits and vegetables (especially leafy-greens), and nuts.

Takeaway

Avoiding sugars and processed foods can help to prevent cognitive decline.

If you or your loved one needs support during this time, reach out to your ICAS EHWP via your toll-free number or the ICAS On-the-Go App to seek counselling support.

Toll-free:

(from land and mobile phones)

Or request a call back: ***134*905#**

Company App Code:

Applicable to you and those who live under your roof



References:

<https://www.medicalnewstoday.com/articles/324044#summary>

<https://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>