

Boost Your Brain Power

The brain is the size of a small cauliflower, but it's the greediest part of the body. Despite only accounting for about 2.5% of our body weight, it guzzles its way through 20% of the kilojoules we consume. There are some important foods that – eaten throughout our lives – give the brain a boost and provide it with top-quality fuel to build brain cells, keep us going and stave off decline.

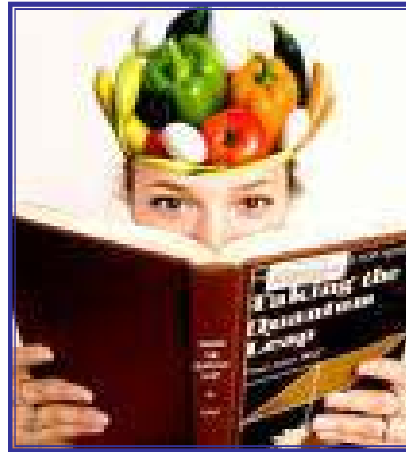
Being so hungry for food, there is never a time our brain is not affected by what we eat. Here are our tips for lifelong brain power.

What to eat

- Whether eaten at home, in the car or at work itself, breakfast is as important in the working world as during school. Trying to function on thin air is just not giving you the best chance to perform well.
- If morning tea is part of your working day, choose fruit over a muffin, sausage roll or giant cookie from the local café.
- Caffeine-containing drinks, such as coffee and tea, do have a place in the working day. A shot of caffeine will help you through meetings, but plan ahead; caffeine only takes full effect after an hour or so.
- Eating regularly through the day helps to keep your brain topped up with fuel, so make time for lunch. Keep a few 'emergency supplies' in your desk drawer for the days you can't leave the office or have forgotten your lunchbox. Canned fish, beans, fruit or rice puddings store well, plus crackers, nuts or low-fat muesli bars.
- Avoid chocolate or biscuits mid afternoon when energy levels are waning. If you've had lunch, take a walk around the office or get some fresh air outside to re-stimulate your brain. A sugar fix is not the cure. If you have skipped lunch, go for a sandwich or fruit for longer lasting energy.

Plus....

Keeping active may have more effect on your mood than your brain power, but taking a break in the fresh air can help increase those 'eureka' moments.



Top 10 brain-boosting foods

1. Blueberries
2. Cranberries
3. Oily fish: salmon, mackerel, tuna, sardines, kahawai
4. Red meat: beef, lamb, venison
5. Nuts: walnuts, peanuts, Brazils
6. Breakfast cereals
7. Bread
8. Eggs
9. Red cabbage
10. Yogurt