

TOP 5 FOODS TO BOOST BRAINPOWER

EGGS



Rich in choline, an important vitamin that plays a significant role in brain development, eggs are an important ingredient in children's diet. **Choline is vital for the creation of memory cells deep within the brain.** Eggs are also high in protein and contain iron, folate and vitamin A – all of which are important for growth, repair and development of cells. So encourage your kids to eat eggs regularly, unless they are allergic.

**Hard boiled eggs mixed with a small amount of mayonnaise are perfect in a sandwich.*

OILY FISH



Rich in omega-3 which is vital for brain development and health, oily fish has so many benefits. Omega-3 fatty acids are essential components of the building blocks needed for cell development. **Certain types of omega-3 fats are the most abundant fat found in the brain and some studies have shown they may help manage behavioural problems due to their role in neurotransmitter function. Other studies have linked poorer reading ability with low levels of omega-3 and supplementation was linked to improved memory function.**

**Salmon, mackerel, fresh tuna, trout, sardines and herring are great sources of omega-3 oils and should be eaten once a week. Try substituting one of your children's meat dishes to include one of these healthy fish choices with these family-friendly recipes.*

OATS, CEREALS AND WHOLE-GRAIN BREADS



Packed with carbohydrates, wholegrains provide essential glucose and energy to fuel the brain. They are also full of B-vitamins, which nourish a healthy nervous system. **Numerous studies have shown that a breakfast filled with wholegrains improves short-term memory and attention, when compared with refined carbohydrates or no morning meal at all.** Wholegrains are found in oats, granary breads, rye, wild rice, quinoa and buckwheat. Wholegrain foods are also high in fiber, which regulates glucose supply into the body.

**Wholegrain crackers with tasty toppings such as cheese, mashed avocado or banana are a great treat; hummus or a bean dip with wholegrain pitta is an easy and quick idea for lunchboxes.*

BEANS



High in protein and packed with vitamins and minerals, beans are an excellent food choice for your kids. Kidney and pinto beans contain more omega-3 fats than other beans which we know are important for brain growth and function. **Beans release energy slowly which keeps children filled with energy and it will help them concentrate in the classroom.**

**Sprinkle mixed beans over salad, try them mashed and spread on a pitta pocket or add them to shredded lettuce and cheese to make the perfect sandwich filler. Mixing beans in spaghetti sauce or swapping them occasionally for meat will also make a good dinner choice.*

MILK, YOGHURT & CHEESE



Milk, yogurt and cheese are so nutritious and are packed with protein and B-vitamins which are essential for growth of brain tissue, neurotransmitters and enzymes which all play an important role in the brain. Another benefit is these foods are high in calcium which is vital for growth of strong and healthy teeth and bones. You should aim to include two to three calcium-rich sources a day.

**If your child isn't a lover of milk, don't worry, as there are other ways that you can add dairy into the diet: use milk instead of water when making puddings or pancakes; serve yogurt as a dip for sliced vegetables, fruits, breadsticks or pitta pockets; sprinkle grated cheese into pasta and omelettes.*