



## **Nutrition for the brain - healthy and dangerous foods, recommendations**

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**Abstract.** The brain is the most important human organ. It is responsible for the proper functioning of all organs and systems of the body.

Consists of two hemispheres (right and left), the cerebellum and the brain stem. It is represented by two types of cells: gray brain cells and neurons - white nerve cells.

**Key words:** brain, description, healthy products, dangerous products, recommendations, folk remedies

### **This is interesting:**

- The processing speed of the brain is much faster than the average computer.
- A three-year-old child has three times more nerve cells than an adult. Over time, unused cells die. And only three to four percent remain employed!
- The brain has the best circulatory system. The length of all brain vessels is 161 thousand kilometers.
- During wakefulness, the brain generates electrical energy that can power a small light bulb.
- A man's brain is 10% larger than a woman's.

### **Vitamins and microelements necessary for the brain**

The main function of the brain is to carry out brain activity. That is, the analysis of all information coming to it. And in order for all brain structures to work smoothly and without failures, you need a nutritious diet containing vitamins and microelements such as:

- Glucose . An important component that ensures productive brain function is glucose. It is found in products such as **raisins** , **dried apricots** , and **honey** [1] .
- Vitamin C [2] . Vitamin C is found in large quantities in citrus fruits, **black currants** [3] , Japanese quince, bell peppers [4] and sea buckthorn [5].
- Iron [6] . This is the most important element our brain needs. Its greatest amount is found in foods such as: green **apples** [7] , liver . There is also a lot of it in grains and legumes.

- B vitamins [8] . Vitamins of this group are also necessary for the normal functioning of our brain. They are found in **liver** , corn [9] , egg yolks, beans [10] , and bran.
- Calcium [11] . The largest amount of organic calcium is found in dairy products, cheese and egg yolks.
- **Lecithin** . Being a powerful antioxidant [12], lecithin is also responsible for the normal functioning of the brain. Products such as **poultry meat** , soybeans, **eggs** [13] and liver are rich in it.
- Magnesium [14] . Protects the brain from stress [15]. It is found in buckwheat [16], rice [17], leafy greens, **beans** [18] , as well as in grain bread.
- Omega **class acids** . [19] Part of the brain and nerve sheaths. Found in fatty fish ( **mackerel** , salmon, tuna). Also present in walnuts, olive and vegetable oils.

### The healthiest foods for the brain

1. **Walnuts** . [20] Slow down the aging process of the body. Improves brain function. Contain a large amount of **polyunsaturated acids** . Vitamins B1, B2, C, PP, carotene. Microelements – iron, iodine, cobalt [21] , magnesium, zinc, copper [22] . In addition, they contain juglone (a valuable phytoncidal substance).
2. **Blueberries and blueberries** [2 3 ] . Blueberries are very good for the brain. It helps improve memory and prevents cardiovascular diseases.
3. **Chicken eggs** . [24] Eggs are a source of an essential brain substance, lutein, which reduces the risk of **heart attack** and stroke. Prevents thrombus formation. According to English nutritionists, eating up to two eggs a day is good for the brain.
4. Black chocolate. This product is an important stimulant of brain activity. It activates brain cells, dilates blood vessels, and is involved in supplying the brain with oxygen. Chocolate is useful for disorders of the brain caused by lack of sleep and overwork. Helps to recover faster after a stroke. In addition, it contains phosphorus [25], which nourishes the brain, and magnesium, which is responsible for cellular balance.
5. **Carrot** . [26] Prevents the destruction of brain cells, slows down the aging process. [27]
6. **Sea kale** . Seaweed is one of the foods that is very beneficial for brain function. It contains a huge amount of iodine [28]. And since its deficiency is fraught with irritability, **insomnia** [29] , memory loss and depression, the inclusion of this product in the diet allows you to avoid all this.
7. Fatty fish. Fish, which is rich in **omega-3 fatty acids** [29] , is very beneficial for the brain.
8. **Chicken** . Rich in proteins [30], it is a source of selenium and B vitamins [31].
9. **Spinach** . [32] Spinach contains a huge amount of nutrients. It is a reliable source of antioxidants, vitamins A, C, K and iron. Protects the body from diseases such as **stroke** and heart attack.

### Recommendations

The brain needs adequate nutrition to function actively. It is advisable to exclude harmful chemicals and preservatives from the diet.

Research involving over 1,000,000 students showed the following results. Students whose lunches did not include artificial flavors, colors and preservatives scored 14% better on IQ tests than students who ate the additives.

Compliance with work and rest schedules, proper nutrition and activity, and timely prevention of disorders will preserve brain health for many years.

## Folk remedies for normalizing brain function

Every day, on an empty stomach, eat one **tangerine [33]** , three walnuts and a dessert spoon of raisins. After 20 minutes, drink a glass of water at room temperature. And after another 15-20 minutes, you can have breakfast. Breakfast should be light and not contain a lot of fat.

The result is observed in about six months. It is impossible to increase the number of products or the frequency of their intake. In this case, the effect may be the opposite!

## Foods that are harmful to the brain

- **Alcohol** . [34] Cause vasospasm, and then destruction of brain cells.
- **Salt** . Causes moisture retention in the body. As a result, blood pressure increases, which in turn can cause a hemorrhagic stroke.
- **Fat meat** . Increases cholesterol levels and, as a result, cerebral **atherosclerosis** .
- **Sweet carbonated drinks, crackers, sausages and other shelf-stable products** . Contains chemicals harmful to brain function.

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