

## 6 best foods to improve brain functioning? Here's one Harvard scientist's list

Based on my work with hundreds of patients, below are the best brain-boosting foods that people aren't eating enough of. Incorporating them into your diet can improve your mood, sharpen memory, and help your [brain work at peak efficiency](#):

### 1. Spices

In addition to adding flavor, spices are known their antioxidant properties. In other words, they help the brain fight off harmful free radicals and therefore prevent oxidative stress, which can damage tissues.

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### 2. Fermented foods

Fermented foods are made by combining milk, vegetables or other raw ingredients with microorganisms like yeast and bacteria.

Some examples include plain yogurt with active cultures, sauerkraut, kimchi and kombucha. These are all sources of live bacteria that can [enhance healthy gut function and decrease anxiety](#).

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### 3. Dark chocolate

Dark chocolate is an excellent source of iron, which helps make up the covering that protects neurons and [helps control](#) the synthesis of the chemicals and chemical pathways involved in mood.

In 2019, [a cross-sectional survey](#) of more than 13,000 adults found that people who regularly eat dark chocolate had a 70% reduced risk of depression symptoms.

### 4. Avocados

Avocados have relatively high amounts of magnesium, which is important for proper brain function.

[This is an excerpt. Read the original post here.](#)