



Eating a variety of healthy foods may help prevent age-related memory loss, new research suggests. For a list of the top brain-enhancing foods, click on a category below.

Fruits

- Blueberries
- Blackberries
- Cranberries
- Strawberries
- Raspberries
- Plums
- Avocados
- Oranges
- Red grapes
- Cherries
- Red apples

- Brewers or nutritional yeast
- Nuts and seeds
- Legumes
- Wheat germ
- Dairy products
- Lean meat and poultry
- Seafood
- Eggs
- Whole grains
- Spinach and leafy greens
- Carrots
- Asparagus
- Broccoli

- Salmon
- Sardines
- Bluefish
- Herring
- Mackerel
- Tuna

Vegetables

- Kale
- Spinach
- Brussels sprouts
- Alfalfa sprouts
- Broccoli
- Beets
- Red bell peppers
- Onions

Source: MSNBC research

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