

Brain-Boosting Superfoods Checklist

Alzheimer's Disease & Dementia



Turmeric



Tea



Omega-3 Fatty Acids



Red Grapes



Improves Cognitive Function



Coffee



Blueberries



Greens



Legumes



Red Grapes



Improves Memory



Coffee



Blueberries



Tea



Protects from Mental Decline



Omega-3 Fatty Acids



Reduces Risk of Stroke



Coffee

