

Ultimate brain-boosting grocery list, which includes a variety of foods known for their positive effects on brain health:

1. **Fish Rich in Omega-3s:**

- Salmon
- Mackerel
- Sardines
- Trout

2. **Nuts and Seeds:**

- Walnuts
- Almonds
- Flaxseeds
- Chia seeds
- Pumpkin seeds

3. **Berries:**

- Blueberries
- Strawberries
- Raspberries
- Blackberries

4. **Leafy Greens:**

- Spinach
- Kale
- Swiss chard
- Broccoli
- Brussels sprouts

5. **Whole Grains:**

- Quinoa
- Brown rice
- Oatmeal
- Whole grain bread

**6. Legumes:**

- Lentils
- Chickpeas
- Black beans
- Kidney beans

**7. Other Fruits and Vegetables:**

- Avocados
- Beets
- Oranges
- Apples
- Bananas

**8. Healthy Oils:**

- Extra virgin olive oil
- Coconut oil
- Avocado oil

**9. Spices and Herbs:**

- Turmeric
- Cinnamon
- Rosemary
- Ginger

**10. Dairy and Alternatives:**

- Greek yogurt
- Almond milk
- Soy milk

**11. Eggs**

**12. Dark Chocolate**

Remember, balance and moderation are key in any diet. It's always a good idea to consult with a healthcare professional or a nutritionist to make sure any changes to your diet meet your personal health needs