

Nutrition for BRAIN HEALTH

Understanding the vitamins and minerals that support a healthy brain



Benefits of Vitamins & Minerals for Brain Health

B Vitamins
Vitamin C

Brain Cell Metabolism

Micronutrients support utilization of energy for brain cell function.

B Vitamins
Vitamins C & D
Choline

Neurotransmitters

Micronutrients support chemical messengers within the brain.

Folate
Vitamin D

Brain Cell Repair

Micronutrients help heal brain cells following an injury like a concussion or stroke.

Vitamins
C & E
Selenium
Zinc

Antioxidants

Micronutrients protect the brain from oxidative damage.

Vitamins
C, D, & E
Zinc
Omega-3s

Anti-inflammatory

Micronutrients help reduce inflammation in brain cells.

B Vitamins
Vitamin E
Choline
Omega-3s

Memory Support

Micronutrients protect and support memory and recall.

WHAT DOES BRAIN HEALTH SUPPORT?

- Attention
- Memory
- Language
- Reasoning
- Planning
- Decision Making

OTHER INFLUENCES ON BRAIN HEALTH:

- Daily Multivitamin
- Social Engagement
- Mental Stimulation
- Physical Activity
- Sleep
- Alcohol Consumption



Oregon State University
Linus Pauling Institute

TOP 10 FOODS FOR BRAIN HEALTH



1. Salmon and Tuna

- Vitamins B₆, B₁₂, D, & E
- Omega-3 Fatty Acids



2. Almonds

- Folate
- Vitamin E
- Choline



3. Chickpeas

- Folate
- Choline



4. Oranges

- Vitamin C



5. Blueberries

- Folate
- Vitamin C
- Choline



6. Spinach

- Folate
- Vitamins C & E



7. Olive Oil

- Vitamin E
- Omega-3 Fatty Acids



8. Milk

- Vitamins B₁₂ & D



9. Eggs

- Folate
- Vitamin B₁₂
- Choline



10. Broccoli

- Folate
- Vitamin C

A Daily Multivitamin



The Linus Pauling Institute recommends that all adults take a daily multivitamin to supplement a healthy diet.

This is especially important for adults over the age of 50.



How does nutrition influence health?

For more information on this and other health topics, check out the Top 10 Project online:

lpi.pub/Top10Project

lpi.oregonstate.edu/mic/health-disease/cognitive-function-in-brief



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