

Nutrients that support cognitive function



Vitamin B6:

Chickpeas, potatoes, bananas, nuts, raisins, spinach



Vitamin B12:

Liver, salmon, tofu, fortified cereals, nutritional yeast



Folic acid:

Black-eyed peas, mustard greens, avocado, orange juice



Omega-3 fatty acids:

Salmon, Walnuts, flaxseed, oatmeal, kale