

DIETS FOR THE BRAIN

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The brain is the vital organ of our body. It requires suitable diets to work properly. Food plays a major role in boosting brain-power. For best results, the following points are important:

- (i) Eat only when hungry.
- (ii) Eat a low-fat diet, fat-laden blood does not circulate well.
- (iii) Make fruits and vegetables the major part of your diet.
- (iv) Glucose is the fuel of brain.
- (v) Eat dried beans and legumes of all kinds including peanuts preferably unsalted.
- (vi) Walnuts and almonds are good for brain.
- (vii) Sugar and salt must be avoided.
- (viii) Hydrogenated vegetable oils should be avoided.
- (ix) A relatively low calorie diet should be eaten.
- (x) Meat is an acceptable food but by no means necessary.
- (xi) Fish is definitely a brain food at the top of the list.
- (xii) Eat your protein first before touching carbohydrate.
- (xiii) Processed food must be restricted.
- (xiv) Curd is probably the best dairy product for brain.

Apart from these, enthusiasm stimulates brain function. Physical exercise improves blood flow to the brain. Exercise can keep the brain young, vital and regenerative throughout life. Environment is another major factor for boosting brainpower. Good environment creates new ideas and makes the brain active.

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