Cognitive function refers to a variety of mental processes, including:

- Attention
- Perception
- Memory
- Reasoning
- Planning
- Problem-solving
- Decision-making
- Language
- Multitasking

Your brain needs good nutrition to support its high metabolic activity and neural functions.

### NUTRITION AND COGNITIVE FUNCTION

- **Attention**: Vitamin C, Vitamin E
- **Perception**: Vitamin D, Magnesium
- **Memory**: Folate, Vitamin B6
- **Reasoning**: Folic acid, Iron
- **Planning**: Omega-3 fatty acids, Vitamin E
- **Problem-solving**: Folic acid, Choline
- **Decision-making**: Folic acid, Choline
- **Language**: Vitamin B12, Iron
- **Multitasking**: Omega-3 fatty acids, Vitamin B6

### BASIC NEEDS FOR COGNITIVE FUNCTION

- **Maintaining Cognitive Function**
  - Some decline in cognitive function is a part of aging, but there can be different degrees of severity in different individuals.
  - Consume at least two servings of fatty fish per week to increase brain health and improve cognitive function.

### MAINTAINING COGNITIVE FUNCTION

- **Flavonoids**: Improve cognitive function by improving blood flow to the brain and reducing oxidative stress.
  - **SOURCES**: Blueberries, Dark cocoa powder

- **Omega-3 polyunsaturated fatty acids**: Improve cognitive function by reducing inflammation and improving blood flow.
  - **SOURCES**: Oily fish, e.g., salmon, mackerel, sardines

### PHYSICAL ACTIVITY

- **Physical activity increases the volume of the brain**
  - Important for forming new neurons and maintaining cognitive function at any age.

### IMPORTANT NUTRIENTS

- **Vitamin C**: Antioxidant that helps prevent damage to cells and tissues.
  - **SOURCES**: Citrus fruits, Berries

- **Vitamin E**: Antioxidant that helps prevent damage to cells and tissues.
  - **SOURCES**: Nuts, seeds, Green leafy vegetables

- **Folate**: Essential for the production of neurotransmitters and the repair of DNA.
  - **SOURCES**: Leafy greens, Legumes

- **Vitamin B12**: Essential for the production of DNA and myelin sheath.
  - **SOURCES**: Meat, Poultry, Oatmeal

- **Iron**: Essential for the production of hemoglobin and the transport of oxygen.
  - **SOURCES**: Red meat, Leafy greens

- **Manganese**: Essential for the production of enzymes and the regulation of hormones.
  - **SOURCES**: Whole grains, Nuts

- **Zinc**: Essential for the production of neurotransmitters and the repair of DNA.
  - **SOURCES**: Oysters, Meat, Poultry

### ADVICE

- **Consuming a healthy diet and getting regular physical activity** can help prevent age-related declines in cognitive function.
- **In some situations**, a supplement may help too.

### REFERENCES

- Micronutrient Information Center: © Linus Pauling Institute

*These nutrients are discussed in more detail below.*

### CONCLUDING REMARKS

- **Maintaining cognitive function** is important for general health and well-being.

**Abbreviations**

- g = grams  |  mg = milligrams  |  µg = micrograms  | ng = nanograms  | nmols = nanomoles  | IU = International Units  | mL = milliliters  | L = liters