Recent studies have shown that inclusion of nuts and berries in the diet may improve cognition. Cognition includes attention, memory, problem solving, language, reasoning, and comprehension. Nuts and berries have shown to increase brain function and various other positive effects on the human brain. Improvements included:

- Learning
- Conversion of short-term memory into long-term memory
- Word recall
- Balance and coordination
- Slowing age-related cognitive decline

By including nuts and berries in your daily diet you can help prevent memory loss, decline in brain function, and even potentially reverse some effects of aging on your brain.

You may delay age-related cognitive decline by 2.5 years by adding nuts and berries as a daily snack!

Examples of Nuts Beneficial For Your Diet:
- Almonds
- Cashews
- Hazelnuts
- Macadamias
- Pistachios
- Pecans
- Walnuts

Examples of Berries Beneficial For Your Diet:
- Blackberries
- Black raspberries
- Blueberries
- Cranberries
- Red raspberries
- Strawberries

One snack size serving of nuts and berries every day may help improve brain function.