Foods Bad for Brain - Watch Out!

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Foods play a key role in more aspects of life than what they may seem. The common knowledge that food satisfies hunger or helps in growth may not provide the full story. The story applies to foods related to the brain as well, as the food that you have could have profound impact on the brain and on your memory. There are different properties for various foods and they all have different kinds of reactions on the brain and produce various results. While there are some foods that are good for the brain and are recommended if you are to improve your memory and enhance your brain function, there are foods bad for brain, which would be foods that either need to be avoided or consumed to the minimum to prevent damage to the brain.

Among the foods bad for brain would be high levels of fats and sugars. Fats are not good choices of food, if you are looking to enhance your brain power and your memory. Studies have found that foods that are high in fat could actually lead to shrinkage of the brain if they are had consistently over time. In research studies, people with high levels of trans-fat circulating in their systems tended to have brains that had less volume when compared with other people who had less amount of fat. It is for the same reason that you may be advised to cut down on meals with high fats and processed food, as they tend to have a lot of fat. Foods bad for brain also include sodas and other foods that have high levels of sugar in them. If you love candy and love carbonated drinks, this may be an opportunity for you to think twice about your choice of food.

Foods bad for brain tend to have high levels of sodium in them. If you like a lot of salt in your diet, you may be well advised to re-evaluate your options and see how you could bring about a reduction in sodium intake in your diet â€“ salt is bad both for the brain and for your heart. However, while most of the foods mentioned earlier are categorised as foods bad for brain, you may be well advised to give in to temptations when you have a craving for any of these foods, as craving for foods, especially ones that you tend to be obsessed about, tend to cause lapses in concentration and affect your memory. It is fine to give in once in a while but stay strict on most occasions.

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