

The Medicare Diet: Best Foods for Brain Health in Seniors



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Food for Thought

Everyone has ideas about what the best foods for brain health are. Even a cursory glance at your local drugstore will reveal rows of supplements designed to improve memory and bolster brain health. Still, the science connecting nutrition and cognition can be a bit fuzzy at times.

The brain is, after all, a series of incredibly complex chemical reactions, and the influence that food can have on brain health for seniors is a bit difficult to trace at times. Still, with concerns about mental health and [cognitive decline](#) weighing heavily on the minds of seniors, it's reasonable to do whatever you can to boost your brainpower with your diet.

We can't speak for the efficacy of those memory supplements from your local drug store, especially since supplements like that aren't regulated. What we *can* do is share some foods that have scientific evidence linking them to improvements in cognitive health. If you're looking to get started in making the best diet for brain health, these are the foods to explore.