



AUSTRALIAN
CRICKET INSTITUTE

**FOODS THAT SUPERCHARGE
YOUR FOCUS
AND CONCENTRATION**

HOW AND WHY

Your brain requires a lot of energy to function correctly.

Certain foods contain nutrients that have the ability to slowly breakdown in your blood at a rate that will supply constant energy to your brain.

These 7 key foods will supply your blood and brain with slow release energy allowing your brain to function at its best and improving your focus and concentration.

7 KEY FOODS

1. Blueberries

Boost concentration for up to 5 hours.

Contain antioxidants that stimulate your blood flow to your brain and keep oxygen reaching your brain.

2. Avocados

They enhance blood flow to your brain offering a tasty way to fire up your brain cells.

Contain high fibre which keeps your hunger pains at bay.

When you are not hungry you will have better ability to concentrate better and longer.

3. Green Tea

Aids focus and concentration for 2 reasons...

Contains caffeine which increases your alertness.

Contains L Theanine which increases your alpha brain wave activity, which enhances tranquility in your brain allowing you to focus better.

4. Fatty Fish

Fatty fish contain omega 3 fatty acids.

These fatty acids aid your memory and mental performance as well as increase your concentration and mood.

A happy mood leads to better concentration.

Eat fish like salmon, trout, mackerel and sardines.

5. Dark Chocolate

Dark chocolate that contains 70% plus cacao is best.

It contains small amounts of caffeine, which increases mental alertness.

Contains magnesium which de-stresses your body and improves mood.

6. Flaxseeds

Flaxseeds are high in magnesium, B vitamins, omega 3 fatty acids and fibre, which all aid mental clarity and focus. These seeds are best sprinkled on cereals or yoghurt or ground and added to your food.

7. Water

Water gives your brain the electrical energy for all your brain functions, including thought and memory processes. Water helps you think faster, be more focused, and experience greater clarity and creativity.

Every single function of your body depends on water, so it is critically important that you get enough of it.

Drinking filtered water is best.

HOW TO CONSUME THESE FOODS

1. Berries - great as a snack and best fresh.
2. Avocados - delicious smashed with lemonade eaten on toast.
3. Green Tea - key is to use a small amount and not to steep too long so it doesn't taste bitter.
4. Fatty Fish - steamed or baked as your main protein at your meal.
5. Dark Chocolate - eaten as your sweet treat or grated over yoghurt and fruit.
6. Flaxseeds - as an additive to any dish or blended and added to smoothies.
7. Water - minimum 2 litres every day, room temperature is best.

SUPPLEMENTS TO IMPROVE BRAIN FUNCTION

Supplements are more concentrated than foods therefore having a stronger effect on your brain.

They work by improving how your brain functions and supplying your brain with the correct nutrients to allow it to function optimally.

1. **Acetyl L-Carnitine** - aids mental nourishment.
2. **Rosemary Oil** - protects the brain from degeneration.
3. **Ginkgo Biloba** - improves memory function.
4. **Bacopa** - reduces stress and anxiety.
5. **L-Thianine** - relaxes the brain.
6. **EFA**s - essential fatty acids, reduce brain inflammation.
7. **Ginseng** - enhances mental performance.

EASY BRAIN FOOD RECIPES

Warm Berry Crumble

INGREDIENTS

Strawberries, blueberries, raspberries, oats, butter, coconut oil, coconut milk, cinnamon, nutmeg.

Method

1. Mix a cup of berries together and place in a greased oven proof dish.
2. Rub the butter into the oats.
3. Add all the other ingredients and place on top of the berries.
3. Bake in the oven for 15 minutes.
4. Serve warm with grated dark chocolate on top.

Salmon & Avocado Delight

INGREDIENTS

Salmon, avocado, ground flaxseeds green salad mix, cherry tomatoes and egg.

Method

1. Coat the salmon with beaten egg, roll in ground flaxseeds and fry in a pan.
2. Add the green salad mix, cherry tomatoes and avocado together.
3. Place the salad on a plate and top with the pan fried salmon