

If you eat a lot of food, your IQ will decrease

Regular diets appear the following items will reduce the ability of thinking, learning and creativity.

IQ stands for "Intelligent Quotient" in English, meaning intelligence index. IQ is a quantitative condition used to determine a person's smart value. People with high IQ have the ability to manipulate, process and analyze information at a high level and faster than normal people.

Our IQ is often based on many factors to evaluate such as genetic, life experience, habitat, birth order and especially our daily diet, nutrition plays Extremely important role in enhancing brain health. Many types of foods are good for the brain, but many foods affect the IQ if we use too much. Here are some foods you should limit your use because it will cause our bodies to accumulate toxins and directly affect our ability to remember, recognize and handle brain problems.

1. Salty foods like salt, main noodles



These are familiar spices, every day of every family. However, as we know, these spices are not good if we use too much, especially those who eat salty and like the sweet taste of the main noodles in the dish. When we eat too salty it not only harms the kidneys and blood pressure, it also significantly affects our cognitive ability and brain thinking, especially young children. Therefore, if your daily cooking routine is good for too many of these spices, consider and cut it to the maximum, protecting your family's health.

2. Tuna also affects the brain



Today the water environment is increasingly polluted in an alarming situation, the pollution of waste discharged into the environment in large quantities and one of those wastes is the main food source of fish such as tuna, sharks, swordfish or goby, . These foods contain mercury, which can cause long-term negative effects on the brain, reducing your family's intelligence.

So it's not healthy to eat a lot of fish. Use this food 2 meals a week.

3. Foods that contain artificial sweeteners or sugar



Right now most of us are abusing foods that are high in sugar and foods containing artificial sweeteners such as candy, carbonated soft drinks . These are extremely unhealthy foods. It can lead to brain damage, impaired cognitive ability and especially an increased risk of obesity. So families, especially families with young children, should limit these foods, because it will be harmful to their brain development later.

4. Types of chewing gum



Gum is a very popular snack for everyone, of all ages, most of our bags are available. However, if we overuse the habit of chewing gum, it will directly affect nerves as well as chronic diseases and mental disorders, because silver fillers (mixed dental fillings) have ingredients. Includes mercury, silver and tin. Research shows that chewing gum can cause mercury from silver fillings to peel off and enter your body.

Not only that, when chewing rubber glue, our mouth muscles have to work continuously, causing facial skin to form wrinkles, especially women. Therefore, we should practice the habit of giving up chewing gum, because it is not beneficial or nutritious for the body. Instead, if you want to smell your mouth, you should suck a mint leaf and rinse your mouth.

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