

What to eat to increase creativity

Find out what foods are useful for promoting unlimited creativity in people.

1. 10 Jewish principles of life, 3,000 years of value remain
2. To think effectively, train your brain in 12 ways below!

Our human creativity, applied in all different areas of life from learning, projects when working to daily life activities. To increase creativity for yourself, besides cultivating different skills in life, our human creativity can also come from the foods we eat every day. Find out what foods are useful for promoting unlimited creativity in people.

1. Eggs - No. 1 food for the brain



Eggs are one of the foods, are highly appreciated in the health care of the body, as well as the brain. If egg whites are useful in lowering blood cholesterol levels for people with fatty blood, the yolk is the source of choline - the nutritional substance still mentioned in milk and pregnant milk advertisements. Birth to increase neurotransmission ability, improve thinking and creative speed. Besides, the omega 3 in egg yolk is also useful in the formation of the nervous system, the development and enhancement of human intelligence.

2. Water - nourishes the human brain



Water is an extremely important factor in maintaining human life. Moreover, water is the substance that accounts for 80% of the composition of the brain. So, when the body is not provided with enough water not only affects health but also makes your thinking and creative ability will be seriously impaired, while vice versa, if water is provided enough, Brain sensitivity may increase to 14%.

3. Green tea links the brain



Green tea contains polyphenol compounds such as EGCG, which increase linkages in brain regions associated with memory and creative thinking. Every day, drinking 1-2 cups of green tea will make the spirit more refreshing to have more creative ideas.

4. Salmon is rich in omega-3



In addition to the above foods, salmon is also an excellent suggestion for the brain. However, the price is quite expensive, but salmon is less used than other foods. In salmon containing omega-3, this is a very good substance for the brain, making it possible for the brain to process information and external signals more acutely, while omega-3 also helps to increase the size of the center. Study Hippocampus of the brain, help you get better learning results as well as work more effectively.

5. Blueberries enhance antioxidants for the brain



Blueberry is an incredibly wonderful fruit that you should use every day to enhance your creativity. Because in this fruit contains antioxidants that help prevent harming free radicals in the brain, thereby increasing thinking and creativity for humans.

6. Popcorn



This snack not only helps you fight hunger, but it can also help you increase your creativity. Eating popcorn helps your body regulate glucose circulation and provides both vitamin B6 and B12 to promote temporary memory and concentration when studying and working.

The foods in the article above are used to enhance intelligence and creative ability, which also helps a lot for body development and health, suitable for both children and adults. So don't forget to add them to your daily, weekly food list!

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