**Can healthy eating improve cognitive ability?**

**Introduction**

For a long time there has been an attempt to better understand our diet and whether it can affect cognitive processes and emotions. Recent studies describe the influence that diet has on neural function and synaptic plasticity. These studies show that a proper diet can help maintain mental health and mental function. . Intestinal hormones , which reach through blood flow to the brain or that are produced by the brain ,to regulate food intake , influence cognitive ability. Also, regulators for cognitive functions, such as the neurotrophic factor synthesized in the brain, play a role in the modulation of metabolism, through the liability to peripheral receptors , which influence food intake.

**Material and method**

This study used articles from PubMed ,Google Scholar and Oxford academically.

* Inclusion criteria
* Year 2018-2022
* Design of the observational or intervention study.
* Sufficient definition and data of the food source or intake of food antioxidants.
* Data on cognition assessments of normal subjects and subjects affected by the main neuro-degenerative diseases that compromise cognition.
* Exclusion criteria
* Case reports, reviews, methane lyses.
* In vitro or animal studies.
* Concomitant administration of drugs that affect the CNS.
* Supplements that are not consumed in the form of food.
* Insufficient data on knowledge measurements.
* The results of each researcher were reported independently and the differences were discussed until an agreement was reached

**Results**

Current epidemiological data are in favor of a protective role of certain micronutrients (vitamins B, also anti-oxidant vitamins C and E, flavonoids, polyunsaturated omega-3 fatty acids, vitamin D)) in the prevention of cognitive decline and dementia (Gillette- Guyonnet, Secher, & Vellas, 2013.

Some foods can prevent the onset of depression, it has been argued that these foods can prevent depression especially in women. This diet is rich in magnesium, fiber, vitamin K, potassium, EPA, DHA, lutein and zeaxanthin.

**Conclusion**

A major problem with the study of the diet is that it is especially the nutrients in food that influence our brain, rather than the food itself.

A second problem is that the impact of individual nutrients can be averaged by other factors, such as the basic level of nutriet in the body, or the presence or absence of other nutrients .

In both men and women it has been observed that increasing nutrient diversification will improve cognitive function.