The Healing Power of Food - Greatest 31 Aug 2017 . Eating power foods for the brain can help you improve cognitive function, including memory, decision-making ability, mental response time, and mood. Brain power foods contain antioxidants and other nutrients that protect the brain. Fatty fish like salmon and tuna contain healthy fats that feed the brain. Best Power Foods - Healthiest Foods to Eat Often - Redbook The Power of Food: 100 Essential Recipes for Abundant Health and Happiness [Adam Hart] on Amazon.com. *FREE* shipping on qualifying offers. You hold the 15 Pregnancy Power Foods - Parents Magazine Power foods are foods that contain the richest amount of nutrients for the least amount of calories, while providing optimal health benefits. The Power of Food Scale. A new measure of the psychological...