

What To Eat To Improve Your Trading {INFOGRAPHIC}

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Food has the incredible ability to affect your mental clarity, mood, memory and ability to focus. A trader relies on his mental alertness to understand the market and make the right decisions. So food directly affects the trader's performance. To improve your trading, here is a list of some foods that can help you remain Physically and mentally alert throughout the trading session.

AVOCADO	Mono-unsaturated fats in avocado help support information-carrying nerves in the brain. Use it in salads, as a dip or substitute it for butter in recipes.
SALMON	Helps sustain concentration during long periods of work. Omega-3 fatty acids are the building blocks for increasing brain networking and sharpening cognitive function.
LEAFY GREENS	Greens like spinach, kale and collard greens are high in antioxidants and Vitamin B. Folate improves focus and also the ability to think clearly as you get older.
WATER	Dehydration is the main reason for poor focus. Divide your weight in pounds by two and that's the amount of ounces of water you should drink daily to stay adequately hydrated.
MACKEREL	A 3-ounce piece of mackerel contains up to 123% of the daily value of vitamin B12 -which affects concentration.
PEANUTS	Contains fiber and more than 30 essential vitamins and minerals. Prevents diseases of the brain and central nervous system.
BLUEBERRIES	1 cup delivers 14%of your daily fiber which helps you feel full. Keeping your hunger level steady is a key to maintaining focus.
FRUIT & NUTS MIX	Stabilizes energy levels that support quality focus. The fat provides long-term sustainable energy, while the fruit offers quick energy.
EGGS	Has the highest naturally available dose of a vitamin called choline, which is thought to help to enhance memory.
QUINOA	A great source of B vitamins and fiber. It quickly fills you up and keeps you feeling full.
BEETS	The natural nitrates in beets actually boost blood flow to the brain, helping with mental performance.
GREEN TEA	Antioxidants protect the body from the damage caused by free radicals and delay aging of the brain.
SOY	It has the protein of meat, the fiber of a whole grain and the antioxidants, vitamins and minerals of the best vegetables and fruits.

YOGURT	Contains calcium that not only boosts fat-burning, but also helps you feel satiated, making it an ideal food for desk people who work long hours.
BROCCOLI	A healthy supply of iron, calcium, fiber and vitamin C. It's good for the circulatory system, bones and fighting colds.
OATMEAL	Best during breakfast, as it spikes energy levels and provides you with hours-long supply of fuel. Oatmeal is also filled with stress-fighting and immunity-boosting zinc.
DARK CHOCOLATE	Contains Flavonol, and antioxidant and anti-inflammatory that helps lower blood pressure and improves blood flow to both the brain and heart.
EXTRA VIRGIN OLIVE OIL	Antioxidants, known as polyphenols, found in the oil improve learning and memory. It will also reverse age and disease-related changes.
ROSEMARY	Carnosic acid, one of the main ingredients in rosemary, helps protect the brain from neurodegeneration.
TURMERIC	Curcumin, a chemical compound found in turmeric, is an anti-inflammatory that improves your brain's oxygen intake, keeping you alert and able to process information.
WALNUTS	Their high levels of antioxidants, vitamins and minerals improve mental alertness and cognitive health.