

Take a look at the newspaper article below to find out what fruits and veggies can do for you.



Fruits, veggies may help keep people mentally sharp¹

Fruits and vegetables may do more than help keep people physically healthy. A new study suggests that they also help keep people mentally sharp, reports *Mature Outlook* magazine.

The study indicates that boron, a mineral found in leafy vegetables and most fruits, but not found in meats or dairy products, can substantially affect the way a person's brain² functions.

In the study, 15 participants in the 44-69 age range were fed a diet with less than 1 milligram of boron each day for a period of nine weeks. Then they performed a series of alertness tests designed to measure a person's mental alertness.

After their intake of boron was increased³ to 3 milligrams each day for a seven-week period, they took the tests again. The tests showed that those participating memorized musical tones and sequences of numbers as researchers measured brain electrical activity.

The study's participants performed from 5 percent to 30 percent better on these tests after daily boron intake was increased.



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¹sharp — alert.

²brain — the organ of the body inside the head that controls thought, memory and feeling.

³to increase — to become or make something greater in number, quantity, size, etc.