

NOURISH YOUR BRAIN

WITH A *HEALTHY DIET.*

EATING RIGHT IS IMPORTANT FOR HEART HEALTH AND BRAIN HEALTH!

Foods we eat are critical in maintaining our brain health. Learn how to eat smart below!

HEALTH TIPS



Eat nutritious foods in sensible portion sizes



Add lemon, spices & herbs instead of salt



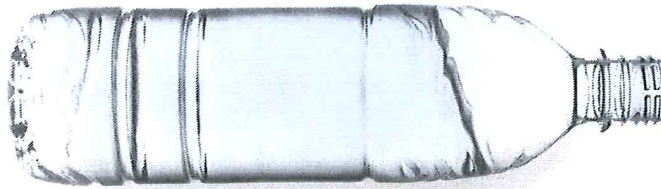
Seek out green leafy vegetables & berries



Rinse canned foods to remove excess salt & sugar



Cooking at home results in better diet quality



+ DRINK MORE WATER
NOT SODA

+ EAT TORTILLA CHIPS + SALSA



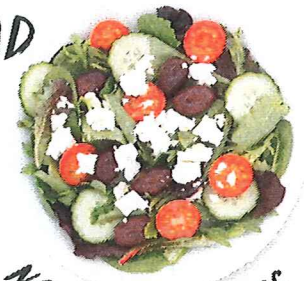
NOT CHEESE DIP

+ COOK WITH OLIVE OIL



NOT BUTTER

+ EAT SALAD



NOT FRENCH FRIES

+ EAT MORE FISH
NOT RED MEAT

